Icebreakers

Icebreakers are exercises designed to get a group to warm up, to get to know one another, to learn about each other, and to make people comfortable with the group, whether they are newcomers or established members. Pick and choose from the following

Here I Sit
Equipment: chairs in a circle for everyone with one extra empty chair
The first person moves from their own seat into the empty seat and says “Here I sit”, the person who was sitting next to them and now is sitting next to an empty seat, moves to the empty seat and says “On the grass”, the third person moves to the empty seat and says “With my friend -XX” and names one person in the group. This person moves across the circle and sits in the empty chair. This leaves an empty seat. The two people sitting on either side of the empty seat try to get to the seat before the other one. Whoever gets there first starts the game again with “Here I sit”, etc.

Variation: Get creative – the verse changes each time substituting a different action verb – Here I sit: stand, lie, jump, etc (even though the people still are just moving from seat to seat) and then the noun changes each time On the grass: road, tree, car, clouds, etc

BANG
Everyone stands in a circle. Everyone checks to see if they know everyone’s names. One person starts by calling out another person’s name. The two people standing beside this person do a quick draw on the person in the middle, shouting Bang! The person in the middle can avoid being shot by ducking. If the middle person ducks in time, he/she is safe but the people doing the quick draw then are at risk of being shot. The group decides which one was quicker and the slower one is out. The person who won the quick draw then calls another person’s name. This continues until there are only two people left. They then stand back to back and take ten paces then turn and do a quick draw. One is the ultimate winner. A fast game and very lively and funny.
Anti Violence variation: make the guns into ketchup bottles and say SQUIRT instead of BANG
Can be used to split group into pairs. First two out can go and start studying, etc.

HOBBY BY PANTOMIME
In a circle, each person says own name & shows his/her hobby by pantomime.

3 THINGS IN COMMON
Each student pairs up with another student who he/she doesn’t know. They must find three things that they have in common. Then each pair of students presents their findings to the rest of the group

NAME TAG SWAP
Participants share three facts about themselves with someone else, and then swap nametags. When meeting next person, introduce self as person on nametag, sharing the three facts. Then swap again. After 3-4 swaps, everyone introduces the person whose nametag they have on to everyone, with real owner correcting any mistakes
TOSS THE BALL (requires a ball)
Get in a circle.
Toss the ball around the circle with each person saying his or her own name.
Then have them pass the ball to anyone in the circle and say the name of the person you toss it to.

NAME MEMORY
Go around in a circle. 1st person says her name;
2nd person says her name and also says the 1st person’s name over again,
and so on all the way around the circle. The last person has to repeat everyone’s name.
As a variation, have each person say her name AND what plant she would be, if she could be a plant.
This way there is more to remember than simply people’s names, which makes it more interesting. OR, have everyone say an adjective plus her name, but the adjective must begin with the same letter…for example, Daring David, Ridiculous Rick, Wonderful Wendy, etc

CIRCLE OF FOODS (A variation)
In a circle, the first person begins “My name is _____, and my favourite food is ____.” The next person in the circle then has to introduce herself or himself and the previous person to see whether they have been listening. The activity builds as each takes a turn!

INTRO TO THE LEFT
Group sits in a circle. Each person has to introduce the person on the left.
Take five minutes (total) to talk to both the person on your left and the person on your right. One by one, each person introduces the person on their left.

STICKER PARTNERS!
Each student is given a sticker to put on his or her hand upon entering the classroom, but students aren’t told what the sticker is for until the time is right!
Be sure there is a partner (matching sticker) for every student.
Ask students to find their partners and interview them (name, grade, hobbies, etc.).
Each interviewer is responsible for introducing each interviewee to the rest of the class.
You might find that students find it less threatening when someone else shares information about them than when they are asked to share about themselves.

M&M GAME
Pass around a bag of M&M's and have each person take as many as they want.
For each colour of the M&M's have a question that they have to answer.
You can play this with Skittles or other coloured candies.

ALIEN GREETING
This is a fun and silly first-day activity. Arrange students into a circle.
Have them pretend they are from another planet. Have them think of a sound and motion that might be used as a greeting on that planet. (A sound and motion that would replace a typical greeting such as a quick wave and a “Hi!”) Once students have decided on their greeting, start the activity by using your alien greeting to greet the person to your left. That person should respond by repeating your greeting to you. Then, that person shares his or her alien greeting with the class and introduces him/herself to the next person in the circle. Continue until you have made your way around the circle.

STRINGING CONVERSATION TOGETHER
Cut string or yarn into pieces of different lengths. Each piece should have a matching piece of the same length. There should be enough pieces so that each student will have one. Then give each student one piece of string, and challenge each student to find the other student who has a string of the same length. After students find their matches, they can take turns introducing themselves to one another.
You can provide a list of questions to help students “break the ice,” or students can come up with their own. You might extend the activity by having each student introduce his or her partner to the class.

MOVING NAME GAME
A great introductory activity for any study circle or intensive, especially good for learning difficult to pronounce names. Ask each participant to make up one movement for each syllable of his or her name.
Participants stand in a circle; the leader says her name and simultaneously does her motions. Then everyone repeats. Then the next person introduces himself, all repeat, and so on.
FRAME UP
In groups of four, make flipchart with rectangle in middle and four spaces around (One per person). In middle, group must list 10-20 things all four have in common (All human, all farmers, etc.). In outer spaces, each individual puts name and three things unique to them in foursome (only one, who is a lefty, only one who knows how to play guitar, etc.). Share and compare all foursomes.

MEET MY MATCH
Write one half of a familiar verse of Scripture on a slip of paper and put it in an envelope. Do the same with the other half of the verse. As each adult enters, give them an envelope and ask them not to open it until the signal. After the customary welcome, ask everyone to open their envelopes and find the person with the other half. They are to talk with each other for a brief five minutes then each pair will take turns introducing themselves to the entire group by saying, "Hi, my name is _______ and this is _______ who is the mother of 3 children (who travelled to England last summer, who has been teaching for 25 years, etc.). Variations: You can cut a picture into two like a puzzle. Each person needs to match the other side.

CIRCLE OF FRIENDS
Form two large circles (or simply form two lines side by side), one inside the other and have the people in the inside circle face the people in the outside circle. Ask the circles to take one step in the opposite directions, allowing them to meet each new person as the circle continues to move very slowly. If lines are formed, they simply keep the line moving very slowly, as they introduce themselves.

PICTURE GUESSENG GAME
Everybody draws a picture that expresses something about themselves. The drawings are collected. One by one, the drawings are "pulled out of a hat" and held up, and the group tries to guess who drew it. Whoever guesses correctly is the next one to choose a drawing ‘out of the hat’ to hold up for the group to guess. When someone guesses correctly, the person who drew the picture must explain it’s meaning.

ABC’S OF ME
You have been hired by the Creative Classroom Company to illustrate a poster to help children learn their ABCs. By happy coincidence, you and your first name are the subject of the poster!

1. First, take a piece of flipchart paper and write your name vertically down the left side.
2. Next, choose a word that starts with each letter of your name. The word should describe something about you. Write those words horizontally across the paper, using the letters of your name as the first letter of each descriptive word.
3. After you have listed your words, draw an accompanying picture to illustrate each.
4. When you are finished, tape your poster to the wall.

Materials Needed
Paper  Markers  Tape
Time
Allow five to ten minutes for setup and drawing. When all posters are complete, have people introduce themselves using their name drawing. Depending on the size of the group, you may want to debrief in smaller groups. If possible, leave the drawings posted throughout your training session.

Variations
Narrow the focus of the words. For instance, all words must be adjectives, nouns, or verbs related to work, related to foods you like, etc.

PAPER DOLLS!
Have students cut out paper dolls. Each doll is 2 feet tall, and all are alike in the beginning. Then students "dress" their dolls by colouring or making clothes out of fabric, wallpaper, etc. Tell them to leave the face portion blank. While students dress their dolls, I use the digital camera to take pictures of all of them. We crop the pictures so that we see only faces, blow them up to fit the paper dolls, and students glue their faces to the dolls. Can be laminated.
CIRCLE DANCE
In a circle, everybody swaps to opposite side - Return to old place backwards –
Go to opposite side blind.

SOMEONE MOVED
Players: Small to large groups
Have all players sit in a circle and then chose a person to be “it”.
The “it” is to leave so that “it” cannot see or hear.
Have one to four players move in the circle.
When “it” returns he is to figure out who has moved in the circle

SMILE TOSS
Players: Four to Twelve players
Players can sit in circle or through out the room as long as everyone can see each other.
All players are to keep a straight somber face while one person that is chosen to be the Smile Tosser,
smiles.
The Smile Tosser will smile a big smile at all players trying to get them to crack a smile or laugh.
If anyone smiles or laughs they are out of the game and they must be absolutely quiet while the game
went on.
The Smile Tosser can wipe off his smile with his hand and throw it to another player if he wishes.
The receiving player will put on the smile and be the new Smile Tosser.
You can even set a time limit on how long your Smile Tosser is allowed to keep his role.
Smile Toss is a great party game, holiday get together game, icebreaker game and youth group game

STATIONS
Players: Small to medium groups
Everyone sits in a circle and chooses a destination (name of a town). In the middle, the stationmaster
stands and then chooses certain names; for example Dunedin/Invercargil.
The two corresponding people then have to get up and exchange seats.
In the meantime the stationmaster has to try to jump into one of these seats.
More than two destinations can be called out and the ultimate “All Change” when everyone has to
change seats is a great laugh.
Can be played for hours and there is no ultimate winner or loser.
Suitable for young and old. Can turn out rather rough; make sure that nothing breakable is nearby

TWINS
Players: Small to large groups
All players are paired off and form a large circle with partners joining hands.
One set of players is chosen as “it” and are the runners.
The runners go around the outside of the circle and tag a pair of joined hands.
The runners quickly run one direction while the tagged team race the other direction.
The first pair back to the vacated spot gets to keep the spot, and the other pair becomes “it”.
Caution set up rules for passing so that no one gets hurt.
SCAVENGER HUNT
Players: Small to large groups
Great game for adult groups, great icebreaker!!!
Make a list of things for teams to look for through their wallets, purses, and possibly What's on their bodies. Divide into teams by tables, pairs, individuals or what seems best.
Here is a list of ideas of what they can look for but modify the list to your liking.
Do not list where they might find these items.
1975 Penny, $2 bill, $100 bill, red ribbon (found in a bible), hologram (usually found on a credit card, don’t tell them this!!!), a bird (usually found on a credit card), pick a few states from the new quarters (Delaware, Michigan, Florida), pearl (earring or ring), black sock, roman numeral (found on a watch), Susan B Anthony dollar, picture of a tree, tic tac, paper clip, measuring tape, ruler, peppermint candy, toothpick, the word Moses (if they have a bible), M&M, Tums, children's Tylenol, thermometer, white button, pink nail polish, screw driver, nose ring, tweezers, mirror, ankle bracelet, red hair, raisin, triangle, charge slip over $200 and so on.
Make a list and copy off the list for each team. Have them check off which items they have, the team with the most checked off, wins!!!! At the end, tell them where they could have found some of the items.

STORYTELLER
You are about to stretch your storytelling skills with the help of others in the group designated by the facilitator. You will incorporate facts about yourself into a story that could just go anywhere.

1. First, write down the name of …
   - Something you would see in a store.
   - Something you would buy as a gift for your mother.
   - Your favorite sport
   - Your favorite holiday.
   - A virtue
   - Your favorite restaurant.
   - A tourist attraction.
   - A profession.
   - The name of someone in the room.

2. The facilitator will begin the story with, “Once upon a time, I found the most unusual thing.” The next person is to fill in the next piece of the story. The object of the game is to incorporate as many of the items as you can from those listed above. No one can say more the two sentences at a time. Turns must be taken in order. To win, you must incorporate all of your words and then conclude the story. Everyone must get an opportunity to “write” from his or her imagination at least twice before the story can end.

Materials Needed  Paper & Pens
Time
Allow ten to 20 minutes for the game. If the group is large, consider breaking into smaller subgroups or reducing the number of incorporated words required to win. For instance, you must work in five words from those listed in part one.
Variations
You can easily tailor this game by changing the questions in part one to better match your group

THE BOSS
The group sits in a circle, with the ‘detective’ in the middle.
The group is clapping, snapping, or performing some other rhythmic activity, regularly changing action.
The detective must try and work out who is initiating these changes.
i.e. who is the predetermined ‘Boss’

Equipment needed: None
Area needed: Small area with clean sitting space

BLINDFOLDED PICTIONARY
One person is blindfolded and they must draw something out for the rest of the group to guess.
This can be anything, depending on group,
e.g. a sport of some sort, a film, an object, a country, a type of food.
Equipment needed: Something large to draw on. Something to draw with. Blindfold.
**Energisers**

Energisers are used to get a group moving, give a break from long periods of sitting down, and excite a group about the next portion of a program. Use them in small doses to rejuvenate a group after lunch or first thing in the morning. Pick and choose from the following: Some are best with larger groups and you will need to decide if the game is appropriate for your group.

**EXERCISES**

Use any form of exercise like Tai Chi or similar that you or the participants know. You can skip, jump, run walk, leap etc. Stretching exercises are great too.

**RHYTHM**

Use percussion instruments or odds & ends like pans, sticks, spoons etc. Get one person to start a rhythm with their instrument. The next person joins keeping to the rhythm but it can be slightly different. Continues till everyone joins in one at a time. Then one by one each person stops playing.

**PEOPLE TO PEOPLE**

Human twister, with group in circle (paired up) and one person in middle. Middle person calls commands, such as "hand to hand" or "elbow to shoulder" to twist up pairs. After 2-3 twists, middle person calls "people to people", everyone raises arms and yells, running across circle. All must find new partner, including sole middle person, so one person will be left over and be new middle person. Repeat.

**ORB**

Get in a circle. Toss an imaginary ORB around the circle. It changes shape, size, and noise when it transfers hands. Whoever catches the ORB demonstrates how heavy it is and what shape it takes by the way she catches it. The person who catches it also has to make the noise of the ORB, which also changes from person to person.

**ZIP/ZAP/ZOP**

Get in a circle. Someone begins by pointing to another person in the circle and saying "ZIP!" That person then points to yet another person and says "ZAP!" That person points to another person and says "ZOP!" This continues, but the words must be said in order: ZIP, ZAP, ZOP. If someone makes a mistake and says a word out of order, that person is out of the game. Eventually, the circle dwindles to just a few people, then to only 2 people, who are staring at each other, yelling ZIP!, ZAP!, ZOP! Until one of them makes a mistake.
GAME -- IMAGINARY BALL
I usually start with a tennis ball, bouncing it up and down in front of my chair. I may toss it to several people and ask them to toss it back. Then I announce we are going to play a special kind of ball game called Imaginary Ball, and we are not going to use the tennis ball. Then I form my hands in front of me like I’m holding a basketball and may even go through the motions of dribbling it in front of my chair adding a few appropriate sounds. I look across the room and say, "I'm going to throw this basketball to Jim and I want you to throw it back to me."
Then I say, "I'm going to throw this to Steve next and Steve, I want you to throw a ball of some kind, not a basketball, to another person. Call out that persons name and tell them the kind of ball you are going to toss them. That person is to catch it and make up a different kind of ball and throws it to someone else, again calling out his or her name before you do it.
If people do not know each other’s names at the point you play the game, you can use it to help people learn each other’s names. I tell them to point to a person and ask their name.
A creative way to end the game is to say, "There are only three people left to get the ball. I want the last two people to find a creative way to end the game." And example is that one person throws the last person an orange. That person peels the orange and eats it in pan-to-mime.

THE BIG WIND BLOWS
Get in a tight circle. Group leader begins by standing outside the circle and saying "The big wind blows for everyone who_______." Whatever the criteria and the group leader who began the game must get up and move to another vacant seat within the circle. There will be one person who ends up without a place to sit in the circle. This person continues the game by saying "The big wind blows for anyone who_______." and the game continues on. The catch is that when changing seats in the circle, no running is allowed. Everyone must hop on one foot, or walk on all fours, or whatever. The big wind could blow for anyone wearing jeans, people who have older sisters, people who ate breakfast, people who listen to Britney Spears, etc. etc.

ORDER OUT OF CHAOS
Everyone is blindfolded. Each person gets a number. They must line up in order without talking.

CONSTRUCTION ZONE
Arrange students into groups of three or four. Give each group a deck of cards. Explain that each group will use the cards to build a house. They can decide to enter their house in any one of three contests: the Biggest House Contest, the Strongest House Contest, or the Most Creative House Contest. They can use whatever supplies they can find -- tape, glue, staples, and so on -- to help them build their house or they can rip, fold, bend, or otherwise alter the cards. But here is the catch! Students are not allowed to talk during this whole process! They need to find other ways by which to communicate. Set a time limit for the activity, and set a timer to ensure that groups are constantly aware of the time remaining. After the houses are built, each group gets to share their house and how they learned to communicate. This is a great team-building activity.

BALL PASS
Use small ball/balls
Everyone to stand in a circle.
A ball is passed across from one person to another until everyone has caught the ball
Then they have to remember the pattern it was passed
Time it to see if they can go faster
You could say names out loud when it is being passed to them.
Try passing more than one ball at the same time.

OBJECT GAME
Each person has an object One person is in the middle without an object
The person in the middle says out loud one of the objects that someone is holding
3 times Like Rock - Rock - Rock
The person with the Rock has to say Rock before the person finishes saying it 3 times
If they don’t they are in the middle
BRING BACK UP & DOWN GAME
Everyone sits in a chair. They all sing Bring back my bonnie to me to me
My Bonnie lies over the ocean my Bonnie lies over the sea
My Bonnie lies over the ocean oh bring back my Bonnie to me.
Bring back oh bring back oh bring back my Bonnie to me
At every B word they are to stand up or sit down

I THINK YOUR WONDERFUL BECAUSE
Everyone standing in a circle
One person in the middle. The person in the middle says to one person
I think you’re wonderful because you have red hair, black socks, a ring etc
Everyone in the circle with the same thing changes place and the person in the middle goes for one of the seats. One without a seat is in the middle.

TURNING CIRCLE
Fun game to warm up those muscles and get the blood pumping.
Everyone stands in a circle. The circle starts running (slowly) clockwise.
As soon as anybody shouts ‘go’ or ‘turn’ the circle changes direction,
without anybody bumping into someone else

SYNCHRO CLAP
All players in a circle. One player starts the game by making eye contact with another player.
Then, both clap their hands simultaneously.
The ‘receiving’ player then makes eye contact with another player, and they synchro-clap.
And so on. Once a firm rhythm is established start accelerating slowly

SUPERNova
Nice energy builder.
All players dispersed around the room, have everyone stand up comfortably, feet apart, eyes closed.
Ask your players to imagine they’ve got a ball of energy hiding in their chests, radiating warm light. Ask them to imagine this light and energy starts filling their chest, their arms and legs, their hands and feet, their head, their whole body.
Then ask the players to imagining this light starts shining out of their bodies, through their eyes, their fingers and toes, filling the whole room. Then imagine the light starts filling the whole building, the street, the city, the country, the whole world.
Finally, imagine this warm light starts reaching into the skies, up to the moon, overpowering the sun, filling the whole of the universe.
End the exercise by asking the players to open their eyes

CLAP SNAP STAMP
All players in pairs, facing each other.
We’re going to count from one to three, each player one number at a time, and we keep repeating this.
So player number one would go
one, three, two, one, three, and so on.
Once they get this, we replace the ‘one’ with a ‘snap’ (snap your fingers).
Once everyone is into that, we replace the ‘two’ as well, with a hand-clap.
Finally, we replace the ‘three’ as well, with a stamp of the right foot.
Play at high speed!

RING OF PANTS
Stand the group in a tight circle, one behind the other, left shoulders facing inwards.
On command, everyone sits down onto left knee of person behind them.
Totally self-supporting, if done right!

MUSICAL STATUES
Group must wander/skip/dance/roll around the area, until the ‘statue master’ shouts ‘Stop’.
At this point, they must freeze, anyone who doesn’t freeze quickly enough is out.
Equipment needed: None
SPACE JUMP
4 players. One player starts miming an everyday activity or routine. 
A second player (or the MC) calls Freeze and the first one freezes. 
Second player builds another scene based on the frozen position of the first player. 
The other 2 players enter the same way. Once players 3 and 4 are in, as soon as Freeze is called, 
2 and 3 take on their positions in which they were frozen, and continue their scene. 
And so on backwards. 
As soon as player 1 is back alone in his activity, he needs to finish it and that ends the game.

FREEZE TAG
2 actors start a scene. At any point in time another player can call Freeze.
This player then tags out one of the 2 actors, and takes his place.
Both players then start a new scene, justifying their positions.

SITUATIONS
One person leaves the room, 
while the rest of the group decides on a non-verbal situation that they will act out.
When the person returns, he/she must work out what situation is being acted out, 
e.g. washing an elephant, building a car, crossing a rickety bridge, tandem skydiving.

YES LETS
Pick a group activity, like throwing a party or organizing a picnic. 
One player starts, saying "Let's..." filling in what she wants to do. 
Then she starts actually doing what she said she wanted to do. 
A second player jumps in, saying "Let's..." do something else, 
to advance the group activity. Both players say "Yes, let's do that" and start doing whatever suggested. 
Third player jumps in, suggests what to do, and again all players loudly agree to do it, and actually do it. 
Continue till everyone has suggested something.

LONG LOST RELATIVE
As a group, ask each person to turn to the person on their right and greet him/her as if they really didn't want to be there. Yeah, you know what I mean - you can't wait to get out of there! 
Then everyone (simultaneously to create lots of fun and excitement) turn to the same person and greet him/her as if (s)he is a long lost, deeply loved relative who has just returned home and you're about to see the person for the first time in years! In fact, you thought you may never see this person again until this very moment. Okay, now ask everyone (again simultaneously) to turn to the same person and greet him/her as if this person just told you that you won the state lottery for 50 million dollars and you have the ONLY winning ticket.

NON-SEQUITOR
Place players in pairs; let them hold a casual conversation about their work, the weather, anything. 
There will be 4 signals (hand clap or blow a whistle): 
First signal: keep the conversation going, but behave strange, make bizarre gestures 
and jerky body movements 
Second signal: keep the strange movements going, and continue the conversation in gibberish 
Third signal: keep calm, but continue the conversation in gibberish 
Forth signal: stay calm and talk normal.
WE WILL ROCK YOU
Group sits in a circle.
Each member comes up with a nonverbal sign for themselves e.g. saluting, waving, hands on eyes, scratching head etc.
The group then begins to keep a rhythm, similar to that used in the classic Queen song ‘We will rock you’, tapping their knees twice, then their hands together.
Before anyone gets too far into the lyrics, Someone sends a command from themselves to someone else.
This is done by replacing the clapping of their hands with their own sign, then replacing the next clapping of hands with someone else’s sign.
That next person must then do their own sign, followed by someone else’s sign. And so on.
You cannot send a sign back to the person that’s just sent it you.
Equipment needed: None  Area needed: Small area with clean sitting space

PARTY QUIRKS
The ‘host’ of a party leaves the room while the ‘guests’ are given quirks to act out.
When the host returns, he/she must try and guess the guests quirks from their behaviour.
Equipment needed: None
Notes: When faced with language barrier, these quirks should be as non-verbal as possible, e.g. animals or various sports-people.

CRAZY DIRECTOR
Some members of the group perform a scene of some sort.
The ‘director’ then instructs them to perform the same scene in various other styles e.g. farm animals, kung-fu, hip hop
Equipment needed: Maybe some props
Notes: When faced with language barrier, these scenes and directions should be as non-verbal as possible. Keep it simple, stupid. It might also be wise to have small groups.
Dividing Groups into Pairs or Teams

STICKER PARTNERS!
Each person is given a sticker to put on his or her hand upon entering the classroom, but students aren’t told what the sticker is for until the time is right!
Be sure there is a partner (matching sticker) for every one.
Ask students to find their partners.
Other types of things can be given out to match each other like below.
Write one half of a familiar verse of Scripture on a slip of paper and put it in an envelope.
Do the same with the other half of the verse.
As each adult enters, give him or her an envelope and ask them not to open it until the signal.

COMIC STRIP CHAOS
Cut four-panel comic strips into individual panels and drop into paper bag.
All participants get one panel and must locate other three with adjoining panels.
Those four introduce in small group. (Can be used for dividing large group into fours).

STRINGING PAIRS
Cut string or yarn into pieces of different lengths.
Each piece should have a matching piece of the same length.
There should be enough pieces so that each student will have one.
Then give each student one piece of string,
and challenge each student to find the other student who has a string of the same length.

SHOE PILE
A good way to have new people meet everybody.
Everyone takes off one of their shoes and throw it into a big pile.
Then each person picks up a different shoe from the pile and finds the person it belongs to.
Works well for large groups

BIRTHDAY PARTNERS
Have participants mingle in the group and identify the person whose birth date (not year just month and date) is closest to their own.
Find out two things they have in common

ANIMALS
On a slip of paper, write the name of an animal that makes an obvious noise.
Create five to ten slips for each animal or whatever number you want the group to divide into.
Give each slip of paper out and instruct the group that they have to find the people in the room who have the same animal as them without talking.
Give them a few minutes.
They should make sounds and jesters that let them know what animal they are.
Once they find each person in their group they should continue around until they find all the monkeys, or all the dogs, etc.
**HUM THAT TUNE**
This activity is a fun way to break participants into groups.
What you will need: Songs Examples that work well: Row, Row, Row, Your Boat, Rock-a-by Baby, The Itsy-bitsy spider, Old McDonalds, etc. Write down the names and cut them apart.
The number of songs you choose depends on the number of groups you want.
Each person in the group is given a small piece of paper with the name of a nursery rhyme or other song written on it. Participants are to go around humming their tune until they find everyone else singing the same song. Then they form a group.

**3’S COMPANY DIVIDING UP INTO GROUPS**
Write a word on an index card.
The word must be a word that comes in 3's such as Larry, Moe & Curly.
At the bottom of the card, write the matches.
The one thing you have to make sure is to have enough cards
and if you have too many cards to make the adjustment accordingly.
After everyone has found their "match", I tell them that they have to sit with their "matches" for dinner or for the next activity. I have found that this gets people to mingle even more, instead of staying in their groups.
DRAW WHAT I DRAW
Equipment: paper and pencils for everyone
One person quickly draws a simple picture that no one else can see. Then all are given paper and pencils (erasers are helpful). The person who drew the picture then begins to tell the rest how to draw the picture. Example: “Draw a line from the middle left side of your paper to the centre and stop. Then draw a diagonal line to the top right corner.” If the picture is of a cat you can’t say – draw a cat in the middle of the picture but if there is a cat as a small element of the picture you could say draw a small cat on top of the line that you just drew. Compare pictures at the end.

TWO TRUTHS AND A LIE
Everyone has to share three things about themselves – two have to be true and one must be a lie. The group then has to decide which thing is true and which is not.

HUMAN KNOT
Works good with small to medium size groups – 6-14 people. Stand the group in a circle, shoulder to shoulder. Place right hand into the circle and grasp another person’s right hand. Do the same with the left hand, but do not take the same hand of the same person. Without letting go, unravel the knot until the group is in a circle again. People make suggestions. You are allowed to pivot your hands in order to turn around as needed. Be sensitive- sometimes it involves stepping over someone. If culturally this is inappropriate or if it is too difficult because of someone’s physical capacity, then break the hands and move accordingly and then hold hands again. Really good game of cooperation. Every time it’s different. Sometimes it goes quickly, sometimes it takes longer.

PENCIL, PENCIL, PENCIL!
Everyone chooses an object to be their property. Pencil, cell phone, keys, lipstick, coin whatever. Everyone shows what his or her object is to everyone else. The person who starts doesn’t have an object but wants one. He starts by quickly saying the name of one of the objects three times – “pencil, pencil, pencil”. If he finishes before the person who has the pencil can say pencil once then he wins the pencil. The person, who has lost the item, then starts the next round.

THREE HEADED MONSTERS
Everyone is sitting in a circle. Three people sitting next to each other are a three-headed monster. They create a question together for the fourth person in the circle to answer. Each head of the monster can only say one word at a time with the next head providing the next word until they complete a question. The fourth person answers then the monster changes and now includes the fourth person and the first person drops off. The process continues around the circle until everyone has had a chance to be included in the monster. Usually questions are very silly and random. Can be slow process. Even more fun when the monsters use monster voices.

DUCK, DUCK, SQUIRT
Required: Squirt gun and clean bucket of water
All players sit or stand in a circle. Pick a person to be it. They are to go around the circle like Duck, Duck, Goose but they say “Duck, Duck, Squirt”. They then squirt a player and the chase begins. The “squirter” is to run around the circle and back to player’s position without getting tagged by the person that was squirited.
RUMOR  Small to large groups
Required: Blackboard & chalk (paper & pencil will do)
The first person from each team is to go out and make up a message together.
All teams will use this message.
Once signaled to start, the first person on each team is to whisper the Rumor to the next person on
their team. They will whisper the Rumor to the next - and so on.
The last person to receive the Rumor will run to the black board and write the message.
The team that is the closest to the correct Rumor wins.

CHAIR GAME
Equipment: 1 armless chair per person. Robust kitchen chairs are ideal. Time: ~10 to 60 mins
Brief description: Hilarious, physically engaging, strategic group activity/game.
Create a tight circle of chairs. The person in the middle tries to sit in the "vacant chair",
but it keeps moving because group switching themselves into the vacant chair.
• Active, physical engaging variation on "musical chairs"; can entertain a group for hours
• Place chairs in a tight circle, with the chairs touching each other.
• Have 1 person stand in the middle - there is now a vacant chair
• The person in the middle tries to sit in an empty seat
• The group prevents the person by someone moving seat, creating a new vacant seat
• The game moves fast -- due to the strategic "bum-shuffling" by the group, the place of the
empty seat is in constant movement, like a Mexican wave, changing directions, tempting, then
moving fast - or instantly appearing on the other side if a bold cross is made by someone
• Eventually the person in the middle makes a successful lunge for a seat (it can get very
  dramatic), the group member who was aiming for the seat (group consensus) now goes in the
  middle And so on....

DO YOU LOVE YOUR NEIGHBOUR?
All players sit in a circle except one person who sits on someone’s lap and asks,
“Do you love your neighbour?” If he/she says YES, you all move one seat in any direction and the
person that’s IT try’s to get a seat. If he/she does, then the person left standing is IT.
However if he says NO then the IT asks, “Who do you love?” The person that was chosen then
answers with a physical trait of other people in the circle (ex. glasses, shoes, hair colour, and style of
clothes) and those people move to any seat they can get except for there own.

DUCKS N HENS
Required: Two objects
Circle up in groups of 8-10. Hand one-person two random objects.
One of these random objects represents a duck, the other represents a hen.
The person is a “vendor”. His goal is to sell the fowl.
To his right, he passes the first item, and says, “Do you want to buy a duck?”
The “buyer” says, “Does it quack?” The vendor says, “Yes it quacks.”
The duck continues to be passed to the right with the question and answer session going all the way
back to the original vendor and back to the current transaction. (B asks A, A answers B, B sells to C, C
asks B, B must turn around and ask A, A answers B, B answers C, C sells to D, D asks C, C asks B, B
asks A, A answers B, B answers C, C answers D, and so on.) In the meantime, immediately after the
duck is sold, the original vendor turns to his left with the hen, and says, “Do you want to buy a hen?”
The buyer asks, “Does it cackle?” “Yes it cackles.” Same deal with the hen... the question and answer
session goes all the way back to the original vendor. The fun comes when the messages start to cross.
It’s hilarious.

MEMORY GAME
Required: Subjects for memory, tray, paper and pencil
Pick a subject like foods you would eat or crave.
Lay them all in a tray for viewers to see and have participants pass tray around.
Remove tray from sight and have participant’s list what was on tray.
The person that lists the most objects is the winner. You can give extra points or break ties
by asking specific questions like what flavour sucker and so on
FORK OVER THE CHOCOLATE
Required: Chocolate bar, knife, forks, pair of large gloves, clothing
You need a bar of chocolate (preferably cold for older players), knife and several forks, a dice, a pair of large gloves and some other items of clothing depending on age group. e.g. scarf, hat, large coat or jacket, trousers, waistcoat, the list is endless.
Everybody forms a circle, half circle or sits on chairs. One person starts by throwing the dice followed by each person in turn. When someone throws a six he then runs to where all the clothes are and starts putting them on, once he is completely dressed he can then start trying to eat the bar of chocolate, with the knife and fork of course, cutting one square at a time. While they are doing this the rest continue throwing the dice and if someone else throws a six, the person eating the chocolate has to stop and get undressed while the next person tries to get dressed and start eating the chocolate etc... The games obviously ends once the chocolate has been eaten.

HIDDEN SURPRISE
Required: Pill bottle, tape, newspaper, money, dice
Here’s a game for both the young and old. Take an empty pill bottle and place an amount of money in it. Whatever you decide you want the winner to have.
Wrap it up with layers of newspaper and duct tape, electrical tape or any other kind of tape.
You can even layer it with different types and make a huge tape ball. Have everyone stand in a circle.
Take a set of dice and place them in a flat box.
If the person rolls a double, they must go inside the circle and start working on getting the tape ball apart.
They continue unwrapping until the next person rolls a double. Keep going until someone wins the money.
This can take awhile and it is real fun and exciting for all ages.
You can modify this game using different containers to hold food or other prizes.

I’M GOING HUNTING
You play this game in a circle and your memory counts.
One person in the circle will start the game off by saying, I’m going hunting and I’m taking an arrow.
The next person will have to repeat what the person next to him said and then add something new from the next letter in the alphabet. I’m going hunting and I’m taking an arrow and a bow.
You keep this going around the circle until one person cannot remember what he is taking.
That person is out and you see if the next person can complete the phrase.
You don’t necessarily have to choose something that you would normally take hunting— it can be funny.
You can also modify this game to a specific topic. I’m going to get married and I’m taking... would be a great wedding shower icebreaker. I’m going to have a baby and I’m... would be a starter for a baby shower game. I’m going shopping and I’m buying... would be great for a women’s event.
Pick a topic that fits your event, play this game at your next family holiday get-together.

PIRATE
Required: Large bunch of keys and blindfold
Choose one player to be the pirate. That player will be required to sit in the middle of the circle, blindfolded with his/her legs crossed.
All the other players will circle the pirate while sitting with their legs crossed.
Place several different rings of keys on the floor in front of the pirate.
A player is nominated to slowly creep up, attempt to take a ring of keys and then return to their place without the pirate hearing them. The Pirate has three tries to point to where he thinks the thief is.
If the thief succeeds, he/she becomes the new Pirate.

STRING TOSS
Required: Ball of string or yarn Players: Small to medium groups
Set up small groups of 8–12 players and have them sit in a circle for this icebreaker.
One person is given the ball of yarn and finds the end of it.
They will toss the ball of yarn to anyone within the circle while they are still holding the end of the ball of yarn. Now ask the person that caught it one or two questions.
If this is a new group that doesn’t know everyone they are to introduce themselves first before answering the questions at the beginning of the game. Here are some ideas as to what questions to ask; What is your favorite colour, music group, the person that has influenced you the most, what are you afraid of, your favorite food, time of the year, or any other question to might pertain to this event. That person then holds part of the yarn and then tosses the ball of yarn to anyone that hasn’t received the ball yet. You repeat this until everyone has had the ball of yarn and you will notice that you have
created a unique web that has connected all the players together in one way. You can pass the ball again to ask one – two more questions from each player.

**Moo Game**

Pick three people to stand outside while the rest of the group gets ready. Form a circle large enough for someone to stand inside. Tell the group that they are going to pick someone from outside to come in and stand inside the circle and when you count to three everyone has to “Moo” as loud as they can. Then tell them on the last time, when the third person comes in to fake a “Moo”. Everyone should look like they are going to “Moo” but don’t. Pick someone from outside and tell them that they are to listen for the person who “Mooed” the loudest. Count to three and everyone “Moo”. The person in the middle will then pick who “Mooed” the loudest and whomever they pick will be correct. Then tell that person that they have to “Moo” as loud as they can on the next round but to not “Moo” at all on the third round. Now the 2nd person comes in and you “Moo” and they pick who was the loudest and they are of course correct. But don’t tell the 2nd person to not “Moo” on the last round. Now the third person comes in and you tell them to pick the loudest “Moo”. You count to three and everyone pretends like they are going to “Moo” except the 2nd person that came in who “Mooes” really loud all by him or herself. It’s really funny. You may have to explain the joke to the third person though.

**Puzzle Piece Search**

*Required: Precut puzzle pieces and open table*

You can do this with a pre-made puzzle or use a large unwanted poster and cut into several pieces depending on the number of players. Hide pieces throughout play area while players are out of the room. Have a card table or work area where the puzzle can be reassembled. When a player finds a piece they are to bring it to the table to fit it together with the other pieces. Once they have found where that piece goes they are off searching for another piece of the puzzle. At the end, have the players think about all those pieces, each one a different shape, size and colour but they all come together to become one big picture.

**3-Way Thumb Wrestle**

In threes, each puts in one hand. Join hands with grip as per a 2-way thumb wrestle. Try to pin the other two members thumbs for victory. Victors can then go into competition etc. if you want a grand winner.

**Un-Cola Pop Off**

*Required: 8-10 clear types of sodas, small paper cups (bathroom size), paper & pencil and large cups*

Players: Small to medium groups

Purchase several different brands for clear sodas and here’s a list of ideas. 7-UP, Sprite, Squirt, Slice, Lemon Lime, Mountain Dew, Club Soda, Ginger Ale, Surge, Fresca, and others that you might find. One can of each type soda should be enough for a group of 8-15 players. Pour each soda into separate large cups, number the cups and make a master list with the number and corresponding name of the soda. You do this before participants arrive or in another room out of view of everyone. Players will be given one sheet of paper and they will number that sheet with the number of selections that they will be tasting. They will also be given one small paper bathroom cup. One at a time, introduce one of the large numbered cups of soda to the participants and pour ½ to one ounce of soda into their cups. You would start out with soda #1 and everyone will list down on their sheet what they think that soda is, without telling anyone else. You will repeat with other sodas until all have been tasted. The person with the most correct answers is the winner and you could give them a 2 litter of soda. You can display on a table the empty cans of the sodas that they are tasting, to help them guess which one they might have, but for a very smart group it wouldn’t be advised.

**Hot Potato**

*Required: Kush ball or other small soft ball*

All players must sit in a circle with their legs crossed. In the middle is the leader holding the Hot Potato. The leader will decide whom to throw the Hot Potato to and then close their eyes. The players will then toss the Hot Potato to each other around the circle until the leader calls “Hot Potato”. The person holding it will be out but first starts the game by tossing it to another player. The last person without the Hot Potato is the winner.
SHOE HUSTLE  SMALL TO LARGE GROUPS
Everyone should sit in a circle on the floor. Remove both shoes, then remove the shoestrings and place
them in the toes of the shoes.
The shoes then go into the centre of the circle and have someone mix up the pile.
At a signal, everyone races for the pile, finds his shoes, laces them up, and puts them on.
The first person finished and standing is the winner!

DRESS THE MUMMY  SMALL TO LARGE GROUPS
Required: Rolls of toilet paper
Set up teams with 2-4 players on each team.
One person on each team will be the mummy and each team will be given 2 rolls of toilet paper.
They will have 5 minutes to complete the game.
The team players are to circle around the mummy and pass the toilet paper to each other while
wrapping the mummy in it.
The leader of the group will be the judge and decide which team has created the best mummy design.

THE MAGIC LAMP
You and your team have just found a lamp. You rub it, and surprise! A genie appears. The genie grants
you three wishes. You are allowed to make three changes to the world around you. You may change
yourself, the people around you, your job, etc.

1. The facilitator will soon divide you into groups of three to five people and give your team a piece
   of flipchart paper and a marker.

2. Once you have your materials, design your wish list for your genie.

Materials Needed
Flipchart Paper Markers

Time
Allow five to ten minutes for setup, writing, and posting lists on the wall. Allow five minutes for
debriefing. If possible, leave the lists posted throughout your training to encourage further introductions
and discussions.

TOTEM TRUTHS
In the past, a totem pole was carved for several reasons; for example, to honor a deceased elder who
was important to the carver, to show the number of rights and names a person had acquired over his or
her lifetime, or to document an encounter with the supernatural. Your team is about to design a totem
pole to discover your group's strengths and Virtues

1. In a moment, the facilitator will divide you into teams. Each of you will be handed a piece of
cardboard and a list of virtues. You are to design a totem figure what best represents your
strengths in the group. You are to make up a totem symbol that represents your strengths.

2. Once you have completed your drawing, you and your team will tape them one on top of the
other on a portion of the wall. Be prepared to explain your strength to the group.

Materials Needed
8.5” x 11” Cardboard Piece for Each Participant
Markers, List of Virtues

Time
Allow 20 minutes for the entire process. This exercise is excellent for teambuilding.
DEFINITIONS
You have just taken a job at a dictionary company. You are responsible for editing a new edition. The only problem is that some of the computers went on the fritz and wiped out various definitions. You have decided to “wing it” and make up definitions for the words of which you don’t know the meaning.

1. In a moment, you will be handed a card. It will contain either a word or a word and a definition.

2. If you received a “word only” card, you must make up a definition.

3. If you receive a word and definition you read what is on the card

The object of the game is for the others in the group to spot when the definition is correct. The one with the most correct is the dictionary wiz.

Materials Needed Index cards with words, Index cards with definitions of words that are unusual

Time Allow 5 minutes for preparation. 10 minutes to play the game

WINK MURDER
The group sits in a circle.
The ‘detective’ sits in the center of the circle and must determine who the ‘murderer’ is. The murderer is killing people by winking at them, causing overly dramatic deaths.
The roles of detective and murderer can be decided at random (through choosing cards) Or through choice (instructor taps participants on the head).
The detective has a limited number of guesses to get the murderer, while the murderer is trying to kill everyone else off.
Equipment needed: None
Area needed: Small area with clean sitting space
Variations: Include ‘Mother’ to bring the dead back to life through blowing kisses at them.
CATEGORIES

An introductory activity that enables participants to mix, mingle and learn some interesting facts about one another. Works especially well with large groups.

Group Size: 20+ Time: 10-15 minutes

Ask the large group to separate into smaller groups that you are about to announce.
Call out a "category" using any of the suggested questions below (or make up your own).
Allow enough time for the groups to form (anywhere from 5 seconds to 30 seconds, depending upon the category).
Repeat steps one and two. Continue until the group is warmed up and ready for a new activity.

Category Questions to Get You Started

- Clasp your hands together and fold the thumbs across the top. Is your right thumb on top or your left? [If this is your first question, follow the question with something like "All lefties to this side of the room, all righties over there." This should help them understand your process.]
- Fold your arms across your chest. Is your right arm on top or is your left arm on top?
- Which month of the year were you born in?
- Which season of the year were you born in?
- Do you see yourself more as a Cadillac, a Toyota, or a Jeep?
- Quickly choose a partner. Turn to them and give a spontaneous wink. Which eye did you wink with?
- What is your shoe size?
- Imagine yourself licking an ice cream cone. Are you twirling your cone clockwise, counter clockwise, or are you licking up and down?
- Can you roll your tongue?

Facilitator Notes

Keep things moving by watching the groups and calling out new categories. Participants should not be running to their groups or out of breath, and if they are asking questions of you or each other as they respond to each category, that is a good thing - let it happen.
Some of these "categories" will produce 50/50 splits, some will give you groups of 3-4, others up to 12 or more. Unless you have a particular reason to do otherwise, alternate 50/50 splits with larger splits.

APPLES TO ORANGES Medium to large groups

Required: One apple, one orange, paper, pencil, container, and music
Print out slips of paper that you will pull out of a container.
Each slip will be labelled differently as follows: before the apple, the apple, after the apple, before the orange, the orange, and after the orange. You might want to do a couple sets in case certain slips become detectable after use.
Once you’ve completed the slips place them in a container mix them up. Have players stand in a circle, give the apple to one person and the orange to someone across the circle, and then start the music.
They are to pass the fruit until the music stops.
When the music stops, pull out a slip of paper and read it. If the paper states before the specific fruit that person is out.
If it’s after the specific fruit that person is out. If it just states a fruit that person is out.
So not only do you have to worry about holding the fruit but where it is in the circle.
If you have a large group, set up several circles or a circle within a circle would be cool.
You could also use balls or balloons or other items instead of fruit. Variations to the game can be passing the fruit under the leg, behind the back or twirl around once then pass the fruit.

GROUP PAPERS-SCISSORS-STONE

Two lines – play paper-scissors-stone –
If person wins, moves up line, if person loses, swap into opposite line
(remember some winners in that line will be moving up). The line will keep moving
BIG CHIEF  medium to large groups
Have all players sit in a circle and then chose a person to be “it”. The “it” is to leave so that “it” cannot see or hear. Choose one person to be the chief and he will act out short movements. Examples are clapping hands three times, stomping feet 4 times, etc. All other players must do what the Chief does. Have “it” return to the group to figure out who is the Big Chief, you can give him up to three guesses if there’s a large group.

BLINDFOLDED SHOE SHUFFLE  Medium to large groups
Required: Blindfolds and shoes
Each person puts on a blindfold and takes off their shoes. They then throw them into a pile in the middle of the floor. The referee then jumbles them all up and then shouts GO! The first person to find their shoes by touch and smell alone and put them on is the winner.

BODY JUMP RELAY  Medium to large groups
Required: 6 players per team
Each team will have the players lie down on the ground, face up, fanned out in a circle with their heads facing the middle of the circle.
On go, the first person from each circle gets up and runs around the circle jumping over the other team members. Once around he will lie back down and the #2 person will do the same.
Then you keep playing until all the players have completed the task.
The first team to complete the cycle is the winner.
Another version is having them walk backwards

CIRCLE DELIGHT
Required: Two balls
Two teams stand alternately in a single circle formation. Each team has a ball.
At the signal the balls are thrown in the same direction from person to person belonging to the same team. The balls start moving from opposing players standing opposite each other in the circle.
The purpose is to see if one team can move its ball from player to player at such a speed that it overtakes the ball from the opposing team.
If this happens one point is scored and the game begins again.
The first team to score three points wins.
Note: The ball must be relayed between players of one team as they are positioned in the circle while not hindering the opposing team.

KILLER FROGGY  Medium to large groups
Everyone sits in a circle. One person is chosen to be the detective.
He leaves the room or goes to a place where he cannot see or hear what is going on in the circle.
Everyone in the circle closes his or her eyes.
An adult or leader walks around the circle and taps someone’s shoulder who now becomes the Killer Frog. But no one knows who the frog is at first. The detective comes back in.
The frog sticks its tongue out at random people around the circle, trying not to be noticed by the detective. If the frog sticks its tongue out at you, you just lay down.
The detective gets three tries to guess the killer frogs identity. If he succeeds, someone else is chosen for the next round. If he doesn’t, then he is the detective again.
It’s okay if other players know who the frog is.

COWBOY BANG BANG
Group sits in a circle. Instructor points at two people, those two must fake shoot each other with their fingers, shouting ‘Bang’. First to shoot stays in, other is out.
Keep going until one winner left.
Notes: For groups where use of fake guns is deemed inappropriate, call the game ‘Wizard Kazam’ and use fake wands instead, shouting ‘Kazam’

VAMPIRES
Everybody is blind & normal – if normal people meet each other they have to make a sound – but one person will be a vampire (chosen by leader) who doesn’t speak.
If you meet a vampire, become a vampire. If two vampires meet, they become normal
**GUM ART**  Medium to large groups  
**Required:** Bubble gum, toothpick and index card  
Give each participant a piece of bubble gum to chew, toothpick and index card. Allow them 10 minutes to chew the gum, place gum on index card and then design something on index card using only the toothpick as a tool (No Hands). The person with the best and most creative design is the winner. If you have quite a few players you can have several categories of winners, like “most ingenious”, “most creative” and of course the “What is that?” award.

**GUM GAME**  Medium to large groups  
**Required:** Clean garden gloves, packs of gum  
Set up teams of five. Each team will receive one pair of new garden gloves and one pack of gum (5 pieces per pack). On go, the first person in each team is to put on the garden gloves, open the package of gum, pull out a piece, unwrap it, chew it, and then pass the gloves to the next person. The first team to complete the task wins. You can choose to have two packs of gum per team so that they would have to go around twice.

**MUSICAL HEARTS**  Medium to large groups  
**Required:** Paper hearts, prizes, number system and music  
The game is somewhat like musical chairs but with hearts being passed. Have everyone pull a number out of a hat or stand in a circle and count out loud giving each them a number. Pre-make paper hearts that either hinge or can be folded. Each child can decorate a heart. Provide various prizes that can be won if the right heart is found such as heart erasers, heart pencils, chocolate bars, Cracker Jacks, fruit snacks, stickers and etc. On the inside of each heart write the prize that the player will receive if they open that heart. Seal the heart closed with a piece of tape so no one can see what they might win. Select music that applies to the theme like “Written On My Heart” and “Here In My Heart”, both by the new group “Plus One” are great songs. Have each player start by holding onto a heart while all players are standing in a circle together. The players will pass the hearts to the next person in a clockwise fashion while the music plays. Pause the music and pull out a number. The person having that number will open the heart that they are holding and receive the prize written in it. Once they receive their prize they will be out of the game along with the heart that they opened. Start up the music again and pull out another number. Keep playing until you run out of prizes or time. If you run out of time towards the end, the last remaining few can open their hearts at the same time.

**QUICK CHANGE ARTIST**  Medium to large groups  
Have everyone sit in a circle and choose one person to be the quick change artist. Have the artist go out of sight and change something on him/her self that is visible (i.e. put shorts on backwards, change hair, tie/untie shoes...). When the artist is done, have him/her walk into the middle of the circle and turn around slowly to give everyone a chance to see what has been changed. Then go around the circle having each person guess what has been changed. The first person to guess correctly is the next artist.

**TAP TAP GAME**  
Group sits in circle on the floor with hands in front of them. Each group member places right hand to the right of the left hand of the person to their right. Someone begins by sending a tap round the circle, with each person tapping the appropriate hand in turn. If someone taps his or her hand twice, the tapping is reversed. If someone taps their hand three times, the order continues in the same way, but skips one hand. Whenever someone messes up a command, or is too slow, that hand is out, until eventually you have one winner.
POINTS OF UNITY
AKA Fruit Salad
In a circle, everyone has a chair or a marker on the ground like a leaf or a shoe to show their place. There is one person in the middle who doesn’t have a space in the circle and wants to get one. He/she calls out “Everyone who…” and says something that might apply to some of the people in the circle. Example: Everyone with black socks, everyone with a watch, everyone who brushed their teeth this morning, etc.
Anyone who fits this situation must leave their space and quickly move to another spot, while the caller tries to jump into a seat or space. This leaves one person out and they become the caller.
You can call UNITY and everyone has to move.

Notes: Sometimes the same person ends up in the middle too many times. You can ask them to choose someone else to be the caller.

TALKING BEHIND YOUR BACK  Medium to large groups
Required: Piece of paper, washable markers, tape, and pencils
Each person writes his/her name on a piece of paper lightly in pencil; then help one another tape the piece of paper on each person’s back (NAME NOT SHOWING).
Using (washable) markers, each person must go around the room and write something about that person on their back. (Children need to be instructed that the comment must be positive - funny is OK)
Leader removes all the papers and lays them out for everyone to view. How well do you think you know yourself or what others think about you? What would they say behind YOUR back?
After reading them, participants may predict which one they think may have been on their back.
Then, everyone can turn them over and find their own, and hopefully keep it, feeling great about what others had to say about them “behind their back”.

WHAT’S IN YOUR BAG?  Small to large groups
Required: Felt to make 2 &1/2” bags, safety pins, white permanent marker and items to fill bag.
This game will take a little bit of work but it’s fun for all ages, a great icebreaker.
Required: Felt to make 2 &1/2” bags, safety pins, white permanent marker and items to fill bag.
Ideas for filling: (** note for extra points)

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 cent piece ** year</td>
<td>Bottle Cap</td>
</tr>
<tr>
<td>Screw</td>
<td>Paper Clip</td>
</tr>
<tr>
<td>Birthday candle</td>
<td>Peppermint Candy</td>
</tr>
<tr>
<td>Ink pen cap</td>
<td>Peanut in shell</td>
</tr>
<tr>
<td>Balloon</td>
<td>Tooth pick</td>
</tr>
<tr>
<td>Night light bulb</td>
<td>AA battery</td>
</tr>
<tr>
<td>Rubber band</td>
<td>Sewing bobbin</td>
</tr>
<tr>
<td>Crayon ** colour</td>
<td>Marble ** colour</td>
</tr>
<tr>
<td>Tea bag</td>
<td>key</td>
</tr>
<tr>
<td>Safety pin</td>
<td>1 dice</td>
</tr>
<tr>
<td>Button</td>
<td></td>
</tr>
</tbody>
</table>

Make a bag for each item that you have collected. Put each item in it’s own bag and number them with corresponding list for correct answers. Example: Felt bag with 1998 penny is marked #1 and a list is started with #1 as 1998 penny. All bags must be sewn completely closed so don’t put anything in that you don’t want to loose. Make a lot of bags so that you can use this again for your next icebreaker idea.
If you have 15 players use #1 bag to #15, just pull out the rest.
Have each player go around feeling each other’s bag, trying to guess what’s in it and listing their guess on paper. The one who guessed the most correct is the winner, for tie, use extra point ** method.

WHO AM I?  Small to large groups
Required: Name tags
Pre-make tags with each tag having one famous person on it, mainly divas that everyone would know.
These tags will be placed on the back of each guest as they arrive. This is done without them knowing who they are. They are to go around the room asking questions as to who they might be. Questions like “am I a singer?” They can only ask one question and make only one guess as to whom they are with each person that they talk to, and then they have to move on to another person. They can come visit previous players once they’ve visited another player.
WINK
Equipment: None. Chairs optional.
Time: ~10 minutes
Brief Description: Energizing group activity. Adds suspense, physical exercise, and fun. There are
runners, catchers, and a win
Chasing activity which works best with larger groups (16-30)
Make sure people are physically warmed-up.
Form a circle, all facing in one direction, and then sit (on ground or in chairs).
Every second person is designated as a catcher.
Catchers watch the backs of the person in front, who are runners.
Runners maintain eye contact with the winker, who is in the middle of the circle.
When the winker winks at a runner, the runner gets up as fast as possible and try to get away - and run
a full lap. The runner behind the winker must be alert and try to catch the runner.
The winker keeps it moving

YEE-HAH
Group sits in a circle, while a ‘Yeehah’, with appropriate cowboy action, is sent round the circle.
‘Hoe Down’, with appropriate cowboy action, reverses the direction of the command.
‘Hay Barn’, with appropriate cowboy action, skips one person.
‘Lasso’, with appropriate cowboy action, can be aimed at anyone,
the yeehah then continues in the same direction.
‘Ride ‘em cowboys’, with appropriate cowboy action, can be called at any time,
the first person to join in must continue the yeehah command.
‘Gunfight’ can be called by shouting ‘gunfight’ and pointing at two people who must shoot each other.
The first to shoot continues the command. The game continues until it is stopped.
Notes: Rules should be added slowly. Make sure everyone understand first rule before adding new one

SCREAMER
1. Have the entire group “line up in a circle” – you know what I mean… Important everyone needs to see
everyone else.
2. Explain that you will be saying two sets of instructions repeatedly, “heads down” & “heads up”. 
   When you say “heads down”, everyone looks down. When you say “heads up” everyone looks up
   STRAIGHT INTO THE EYES of anyone else in the room. Two possible consequences
   a. If they are looking at someone who is looking at someone else, nothing happens
   b. If they are looking at someone who is looking right back at them, they are both to point in a very
      exaggerated manner at the other person and let out a SCREAM or YELL! They are then both
      out and take their place outside of the circle to observe.
3. Once the “screamers” have left the circle, the circle closes in and you repeat step two, followed by step
   three, until you are down to two people. Yes, they have to do it one more time, even though the
   outcome is a foregone conclusion. It can be up to you if you want them to scream or call out a word.

PULSE RACE:
In two lines, holding hands. Everyone has eyes closed except leader of each line.
A beach ball or other object is placed at opposite end of lines from leaders.
Facilitator stands by leaders and flips a coin. If tails, do nothing. If heads, leaders start pulse race by
squeezing hand of person next to them, which sets off chain reaction.
When last person in line feels hand squeezed, he/she may open eyes and grab for beach ball.
Whichever team gets ball first each round gets a point. After each round, leader goes to end of line.
CLOTHESPIN SAMURAI
Group forms a circle, one person middle with blindfold and holds a “sword” (inflatable or foam). Middle person also has several clothespins attached to clothing (back, arms, legs, shoes, etc.). Group members must remove pins without getting whacked by sword. If whacked three times, you’re out.

ALL ABOARD
This activity works well with complete strangers; Groups of 20 or More; Pure Fun; Outdoors Group Size 20 to 100 Level of Physical Activity High Estimated Time 5 to 8 minutes
Props Two balloons per person of varying colors (one color per group); one permanent magic marker per group of six to twenty.
Participants will enjoy forming a “train” and picking up passengers. This activity encourages team behaviors and creativity. Use it when you have three to sixty minutes in open space when you want people to be very active.
Instructions
1. Distribute deflated balloons of varying colors around the space.
2. Organize participants into groups of six to twenty.
3. Ask groups to get into train formation and give each engine a magic marker.
4. Tell groups that they are passenger trains who must pick up passengers—2 passengers per car (per person).
5. Explain that balloons become passengers easily when one inflates them and creates a face on them with the magic marker.
6. Tell them to move around in train formation to a location where there is a balloon. One person must inflate the balloon, tie it, and paint a face on it with the magic marker. That person (or car) then carries that passenger with them. Each car will eventually be carrying two passengers in it.
7. Explain that groups will be competing to fill their trains (two passengers per car) with passengers of the same color. The train that is filled first wins the race.
8. Remind participants that their train must stay still while a person is inflating a balloon and drawing a face on it. The train can then move on to find another balloon (Passenger) of like color. The only time trains can uncouple is when they are standing still.

Variations
Use pieces of cloth rather than balloons, increasing the pace of the race. Tell groups they must have five or six different color balloons.

Tips
Remind participants that they must have two passengers per person when they pull into the station. Have everyone look at all the faces created

‘ALI BABA AND THE 40 THIEVES
Excellent warm-up. Everyone in a circle. We are going to establish a rhythm, by saying, all together ‘Ali Baba and the 40 Thieves’. Keep repeating this. One person starts making a gesture to this rhythm, say, tapping your head with you left hand. When the sentence is repeated, the player next to her takes over this gesture, while the first one starts a completely different new gesture. Third time the sentence is done, player three does the first gesture, player two does the second gesture and player one invents a new one again. And so on.
This is also a concentration game, though it’s not really difficult. All one has to do is watch the previous player, and next time, take over her gesture. When you’re watching what everyone else is doing you’re going to get lost though.
WHOOSH OR ZIP ZAP ZOOP
Everybody in a circle. Start with one person, who waves both hands to his/her neighbour, saying ‘Whoosh’. The next person passes the Whoosh to his neighbour, and that way the Whoosh is passed around the circle.

There’s 4 other sounds/movements that can be made.

‘Wow’: indicated by saying Wow, and moving both arms down.
A Wow changes the direction of the Whoosh
‘Zap’: instead of passing the Whoosh to your neighbour, it gets zapped to the person you point to. The receiver continues with either a Whoosh to his neighbour, or another Zap to another person.
A Wow after a Zap returns to the Zapper.
‘Groooooooovelicious’: for this one the whole group bends down and up again in a kinda groovy way, all saying Grooooooooolicious. Afterwards, the person who started the Groovelicious sets the Whoosh in motion again, in any direction.
‘Freak out’: indicated by waving both hands in the air. Everybody starts screaming and moves to the centre of the circle. When everybody’s freaked out a new circle is formed, and the starter of the Freak out sets the Whoosh in motion again (or Zaps, or does a Grooooolicious).

Variations
You can invent other sounds and gestures. You might replace Whoosh by a kind of Vroom-Vroom, as is you’re in a car, and replace Wow by the sounds of brakes (‘iiiiii’) etc. Also known as Zip Zap Zoop.

FLOCK DANCE
This is a physical warm-up. The group forms a pyramid: one player becomes the top, 2 players behind her, 3 players on a third line, and so on.
The top player starts moving about the room (perhaps use music to guide the players).
The second line follows the first player, and mimics her movements, and the third line follows the second line.
The top player can alternate however she wants (and can be guided with e.g. a change in the music).
The top player can even turn around, and face the second line. Confusion will be complete.
Variations can happen when the top player bumps into the last line, and takes over their movements.

NETT VOLLEYBALL
Equipment: 2 nets or bed sheets, volleyball
Each team holds a net. The ball is shot from one team to another by tensioning the net.
Each team must “throw” the ball from wherever they catch it. If the other team fails to catch the ball, the throwing team gets to throw the ball again from where the ball landed.
The first team to throw the ball past the other team’s end of the field wins.
Alternatively, play on a normal volleyball court, with normal rules (1 point if your team serves and the other team fail to catch it).
Alternatively, use a water filled balloon - remember to clear up burst balloons!

MAN OVER BOARD
This is a nice elimination warm-up. Everyone spreads out in a staggered line, like in an aerobics class.
Then someone calls one of the following:

‘Land ahoy’ - and everyone hops on one foot, doing a salute with one hand

‘Hit the deck’ - all down on the floor in a push-up position
‘Octopus’ - make groups of 2, one person on hands and knees and someone else over him or her in the same position

‘Man overboard’ - groups of 2, one bending back and knees and the other on the first’s back (piggy-back style) ‘two three four’ - all sit down and start rowing

Whoever is last, drops out. Repeat till all but one are out
You may want to change the actions to suit the participants keeping in mind some may feel uncomfortable with some.
1,2,3,4
Ok, this is harder to explain than it is to play. This game is a repetition of 4 movements:
1: touch your head with both hands
2: touch your shoulders with both hands
3: touch your hips with both hands
4: slap right foot with right hand
We repeat this 10 times, as follows:
Just say 1,2,3,4 - no movements, do this twice
Touch your head (on '1' but don't say '1') and say 2,3,4. Repeat twice.
Touch head (on '1') touch shoulders (on '2', but don't say '1' or '2'). Follow by 3,4, spoken. Repeat twice
Touch head, touch shoulders, touch hips (on the rhythm on 1,2,3, but don't say 1,2,3). Say '4'. Repeat twice
Touch head, shoulders, hips, slap foot. Don't say anything but stay in the rhythm and repeat twice
Then just start all over again by saying 1,2,3,4 twice.
Increase tempo as you go along

FRUIT BASKET
All players but one sitting a circle, one person in the middle.
The person in the middle calls out a category or some descriptive that might apply to some or all of the other players. E.g. all women, all blondes, black socks on.
When called, if a player matches the description must leave her chair and find another chair.
Person that doesn't find a chair becomes the next in the middle.

BARNEY
Silly warm-up game. Everyone in a circle, one person as a 'caller' in the middle.
Caller yells a letter to one of the players; that player must come up with a name of a person, an object or a service that can be sold, and a location, all starting with the letter given.
Example would be 'B' which leads to "Barney sells Bread in Bulgaria".
Anything goes, as long as it comes out right away; if not the player becomes caller.

ONE DUCK
Everyone in a circle. We are going to say a pattern, one word per player, going clockwise. It goes like:
One Duck, two Legs, Quack
Two Ducks, four legs, Quack Quack
Three Ducks, six legs, Quack Quack Quack
And so on, till someone misses.
Variations
Try with an insect instead of a duck (6 legs per insect), or a spider (eight legs)
and invent a sound the insect might make.

FOUR CORNERS
Four Corners is popular with teachers and students. Number the corners of the classroom from 1 to 4.
Select one student to be "It." That person closes his or her eyes while the rest of the students go to one of the four corners in the classroom. When all students are settled in a corner, It calls out a number.
All the kids who chose the corner with that number are out of the game and must sit down.
It closes his or her eyes again; calls out a number, and more students sit down.
When the game gets down to four people or fewer, each must choose a different corner.
If It calls out a corner where nobody is standing, It must choose again.
The game continues until only one student is left. That student becomes it.
ACID RIVER
Whole group must get from one end of “river” to other (mark off with lines, tape, or rope).
Group gets half+1 as many “islands” (stepping stones) as people in group (i.e., group of 12 or 13 gets 7 stones, 14 gets 8, etc.). Whole group must be off one shore and on to stones before anyone moves on to other shore. Facilitator can make penalties for anyone who dips in river (go back to beginning, whole group starts over, person is muted, etc.).

MASS STAND UP
Have the crew sit in a circle, backs to the middle.
Now, have everyone link elbows with the person sitting next to her.
Then, try to stand up as a group. A lot tougher than it sounds!

HUMAN KNOT
Have the crew stand in a tight circle, shoulder-to-shoulder, and place their hands in the centre.
Now, have them grab a couple of hands, but
make sure no one grabs a pair of hands belonging to the same person,
Or grabs either of the hands of the person standing directly next to them.
Then, unravel the knot you’ve just created without having anyone break their grip…good luck!

BLIND POLYGON (required blindfolds and a rope)
The group is blindfolded. They must form a perfect square, triangle, or whatever, using a rope.
They all must have at least one hand on the rope at all times!

NETT VOLLEYBALL
Equipment: 2 nets or bed sheets, volleyball
Each team holds a net. The ball is shot from one team to another by tensioning the net.
Each team must “throw” the ball from wherever they catch it. If the other team fails to catch the ball, the throwing team gets to throw the ball again from where the ball landed.
The first team to throw the ball past the other team’s end of the field wins.
Alternatively, play on a normal volleyball court, with normal rules
(1 point if your team serves and the other team fail to catch it).
Alternatively, use a water filled balloon - remember to clear up burst balloons!

SPIDERS WEB
Equipment: 2 ropes Location: between 2 trees
Tie two ropes horizontally between two of the trees, one rope 50cm above the ground,
One rope 2m above the ground. Then tie the ropes diagonally between the trees to form a spider’s web.
The whole group must get from one side of the web to the other- without touching the web,
(if they do, spider eats them)
- Can only use the same hole 3 times
- Can touch the web but can only use each hole once
The difficulty obviously depends on the shape and spacing of the holes.
JAILBREAK
Equipment: 1 rope, 2 planks (skis) Location: Between two trees
Tie the rope horizontally 2m above the ground between two of the trees.
Using only the planks whole team has to get over the electric fence without touching it, or the trees.
Once over the fence, team members cannot cross back to the other side.
Height of rope obviously depends on the size and abilities of the group.

CHAIR REMOVAL
A huge circle is made of chairs, with one chair for each member of the group.
Everyone sits on their chair sideways, and leans back on the legs of the person behind.
Most of their weight should be on the person behind.
The instructor then removes all of the chairs from beneath the group, leaving a self-supporting structure. If it is stable, games can be played with the structure
e.g. passing a ball, singing a song, walking (?)
Notes: This game can be played with huge numbers so is good for a whole group.

BLIND LEADING THE BLIND
Equipment: 1 rope, blindfolds
Arrange group in a line, each person about 4 feet apart, each holding onto rope in right hand.
Blindfold group, then lead them round the seafront area.
Penalty for anyone who lets go of the rope.

BLIND AS A BAT
Equipment: Blindfolds
Blindfold group. Give each person the name of an animal, so that only they know.
Have only 3 - 4 animals for whole group.
On command, people have to get in groups of the same animal,
By making appropriate animal noise (baa, moo, woof woof, etc.).
No other communication allowed.

CRATE RELAY
Equipment 3 milk crates per team
To get the whole team from one place to another, without anyone touching the ground.

SHOE SHUCKING
Equipment: plastic basin half full of water
Split group into 5 or 6. Each team lies on their backs in a circle with their legs in the air so that all their feet are touching in the middle.
Place the bowl of water on top of their feet.
The group have to then remove their shoes and socks one by one without spilling the water, until the bowl is supported by everyone's bare feet.

BARREL LIFT
Equipment: Water barrel 1/3 full of water, 2 ropes & a coat hanger
Place the barrel in the middle of a roped-off square (about 15-20 foot sides).
Using only the rope and the coat hanger, group has to lift (not roll) the barrel out of the square.
No person or piece of equipment may touch the ground inside the square.

EGG DROP
Equipment: 1 egg, 1 pair scissors, 1 sheet card, 2 sheets A3 paper,
2 sheets A4 paper, 2m string, 4 rubber bands, 6 paper clips, sellotape.
Divide the group into teams of 3 or 4.
Teams have to design a devise so that when egg is dropped from balcony outside, it does not crack or break. (Egg must be dropped not lowered).
It is a good idea for the instructor to dispense the sellotape.
ROBBY THE ROBOT

Rules: One person is blindfolded, one person can't talk, and the third person has no disadvantage. The person who can't talk is given a certain instruction such as “pick up the ball and then dance the Macarena”.

The person who can't talk now has to make the blindfolded person act out this action, but because he can't talk and the other can't see there is a third person involved who has to decipher the dumb person's actions and make the blind person act out the required instructions.

To standardize the game, have the blindfolded person standing in one position, then the person with no disadvantages standing or sitting say four meters away, and the person who can't speak stood in between them but facing the person with no disadvantages. i.e. if the person who is blindfolded is A, the person who can't speak is B, and the person with no disadvantage is called C, then they should be in this position A 2m B 2m C.

MAGIC CIRCLE

A mini version of the barrel lift, the group has to work together to lift a cup out of a small circle using an elastic band, string, sticky tape and a pair of scissors.

Notes: No running with scissors. Hold scissors by the metal part.
Beware of the scissors

CRATE STACK

Equipment: milk crates (or alternatives), one for every 4/5 people

The whole group must stand on the crates with everyone off the ground for 10 seconds.
If too easy, remove 1 crate. Or, see how many people can get off the ground for 10 seconds, only using one crate.
ZOOM THE QUOTE AROUND
Everyone in a circle
One person starts the quote - One or two words
Going in one directions around the circle the next person carries on the quote - One or two words
This carries on until the quote is complete.
Another way to do this is -
The second person has to say the first 2 words and add a couple more
The next person repeats the quote done so far and adds a bit more.

CUT UP PARTS OF QUOTE
Give each individual a part of the quote to hold in front of them.
They will be jumbled up
They are to make up the quote in a line
Take one part of the quote from one person.
They will be the part of the quote missing
Get all to mix up again
Everyone to form quote and remember the missing word / words
Can continue doing this with more and more missing words.

FILLING IN THE BLANKS
On a white board or a large piece of paper write the quote or prayer, which is to memorize.
1st person reads the whole quote and then rubs out 2 words
The next person reads the whole quote or the whole group all together.
Remembering the part of the quote, blank spaces and all.
Then he rubs out 2 more words.
This carries on until the whole or most of the quote is blank.

MAKING PICTURES WITH THE BLANKS
Write the quote on a white board or piece of paper
Go through bits of the quote and replace it with a picture
Read the whole quote with just the first picture
Then go to the next part of the quote and do the same
Until you have done the whole quote.

LEARN A SONG
Find music that has the quotes put to music.
Listen or Sing along
Get groups to make a song from he quotes
Read the quote to a beat or rhythm

GROUP QUOTE MEMORIZE
Divide into groups of 3 – 5
Paste sheets of a quote on walls at different corners of the room
Send 1 member of the team at a time to memorize parts of the quotation.
The member then returns to the team telling them what they memorized.
This is written down.
The next member of the team does this until the whole quote is written down.
They repeat the whole quote.
They can be given a few minutes to consult first on how they are going to go
about the task before they are asked to begin
USE MEDITATION
Put on background music and read out the quote
Leave time for meditation

VISUALISATION - MEDITATION
You can turn off the lights, have the participants close their eyes and then read the quotation from the Long Obligatory prayer slowly while they visualize the images that are created by the words. You may want to come up with something to say to enhance this, such as using the quote -

"...make of my prayer a fire that will burn away the veils which have shut me out from Thy beauty, and a light that will lead me unto the ocean of Thy Presence."

Imagine the veils that shut you out from the beauty of God. They are dark and greatly obscuring your nearness to Him. Then imagine your sincere and deeply felt prayers that you recite. Your prayer becomes a fire- first a small one and then increasing in intensity, ardour and heat. See it burning away the veils that shut you out from the beauty of God.
DICTIONARY DECEPTION
To start the game, choose a word for which no one will know the meaning. Write the word on the chalkboard and write 2 or 3 definitions one being correct. Everyone is to guess which definition is correct. Each person gets a point for correct answer.

Another way to play
To start the game, the teacher chooses a word for which no student will know the meaning. The teacher writes the word on the chalkboard and writes the definition of the word on a sheet of paper from a small pad. Then the teacher hands a sheet from the same pad to each student. The student must write on that sheet his or her name and a definition of the word. The teacher collects all the definitions. One by one, the teacher reads the definitions. Students consider each definition. Then, as the teacher rereads them, the student’s vote for the definition that they believe is the real meaning of the word. Students earn a point if they guess the definition correctly; they also earn a point each time another student selects their (fake) definition as the true meaning of the word. The person with the most points at the end of the game wins.

Some Words to Try
fabulist (FA-beeyuh-list) -- a creator or writer of fables
coppice (KAH-pes) -- a thicket, grove, or growth of small trees
inquiline (IN-kweh-lign) -- an animal that lives habitually in the nest or abode of another species
miliaria (mi-lee-AR-ee-eh) -- an inflammatory disorder of the skin characterized by redness, burning, or itching
baht (bot) -- a unit of money in Thailand

NAME SIX...
This is a good exercise for building trust and helping team members to get to know each other better.

The team members sit in a circle with the facilitator sitting in the middle. The facilitator chooses one of the team members to start and asks the team members to name, in turn, six places that they have visited.

The process is repeated with another subject, but starting with the next team member in the circle.

Continue the session with additional subjects. It's best to start with safe subjects — like 'places you have visited' — and increase the relevance as you progress. Other possible subjects are:

Jobs or roles that you have had.
Things you are good at.
Things that you find difficult.
Things that embarrass you.
Things you like.
Things you dislike.

MIND READER
Ask everyone in the group to:
Pick a number between 1 and 10 and keep it secret.
Multiply this number by 9.
If this number has 2 digits, add them together.
Subtract 5 from this number.
Equate this result to a letter of the alphabet (1 = A, 2 = B, 3 = C etc).
Think of a country beginning with that letter.
Think of an animal beginning with the second letter of that country.
Finally ask ‘How many people were thinking of a grey elephant in Denmark?’
SIXTH VEGETABLE
You can use this exercise to demonstrate the difference between facilitation and manipulation. Have a picture of a carrot ready to reveal at the end of this exercise.

Repeatedly ask the group some simple addition problems that all add up to six (such as two plus four, one plus five) for a number of minutes, and then ask them to write down the name of the first vegetable that comes into their head.

Now reveal the picture of the carrot!

WORD BALL
An association game. All players in a circle. One player starts by tossing a word to another player, at the same time throws a soft ball to the same player. The receiver associates on this word, and throws his association to yet another player and the ball

PASS THE CHICKEN!
In this game, nobody wants to hold the rubber chicken -- the game's only prop! To begin the game, all students sit in a circle. Select one person to be It. That person holds the rubber chicken. The teacher or a "caller" says to the person holding the chicken, "Name five presidents of the United States. Pass the chicken!" As soon as the caller says, "Pass the chicken," the person holding the chicken passes it to the right. Students quickly pass the chicken around the circle. If it returns to the original holder before he or she can name five presidents of the United States, the holder is still It. Otherwise, the person holding the chicken when It finishes listing five presidents is the new It. You should prepare the topic cards for this game in advance. Topics can relate to your curriculum or be general information topics. The student who is It must name five items in the called-out category in order to get rid of the dreaded chicken!

Some Suggested Topics
- Fast-food restaurants
- Authors of children's books
- Countries in South America
- Sports teams
- Things that grow in the desert
- Vegetables
- Cartoon characters
- Musical groups
- Cereals
A variety of tag games are available. Skills Employed: Fitness, turn-taking, Social behavior development, athleticism.

Giants Wizards and Elves
Equipment: A large space (60-120 feet wide), rope to mark the central line and the safe zones
Time: ~15 minutes
Brief Description: Fun chasing game with suspense, laughter and exercise.
• Active, all-engaging game -- fun way to get a group physically and mentally alert
• Handy precursor to activities on teamwork and cooperation
• Requires large space
• A creative team variation of "Rock, Paper Scissors"

Teach everyone the following three characters:
- Giant - Tip-toes, raise hands above head, curl fingers, growling sounds
- Wizard - Crouch slightly, wave and point a magic wand, shouting "kazaam!"
- Elf - On haunches, hands cupped for big ears, shrill screeching noises

Give people plenty of practice by calling out the characters and having them instantly become that character - offer lots of positive encouragement for dramatic effort

Form two teams - each team convenes to decide on a character
Teams then line up facing each other (use a rope on the ground to separate teams). Have about 4 feet between teams.

The teams then chant (as in ‘Rock-Scissors-Paper’): Giants, Wizards, Elves (Doing the motions simultaneously) and then end with revealing their chosen character. Immediately, the winning characters (team) must chase the losing team and try to capture (tag) as many as possible
• Giants defeats an Elf’s
• Elf’s defeats Wizards
• Wizards defeat Giants
• Identical characters are a draw

The losing characters (team) try to reach a "safe zone" (e.g., over another rope) about 30-60 feet away without being captured by being tagged.
Any of the group caught, are now part of the other team.
If your character is the same as the other team you merely say “hello” and start again.
Reconvene each time and decide on their next character.
Continue until one team entirely consumes the other.

Variations: Superheroes, e.g., Spiderman, Superman, Wonder woman
A less physical version involves participants using the character "dying actions" in place of running. Make these rather dramatic and embarrassing if you can, to increase the motivation to "win". Instead of one team chasing and absorbing the other team, keep score.
First team to 5. Giants are electrified, frazzled and then freeze in motion (or drop to ground);
Wizards clutch chest, struck by pain in the heart; Elves shrink and shrivel up, moaning

TAG
Simple Tag! One person it, chase another. When touched, that person is then it.

STUCK IN THE MUD
Lots of variations. When caught, person has to stand still. Until freed by another player
MOB-MOB
One person is it. Everyone hides, then have to make it back to the ‘mobbing post’,
defended by the person is it.

SARDINES
This game is like Hide and Seek with a twist. You pick one person to hide and the rest of the players
look for the hider. As the seekers find the hider, they are to squeeze into hiding place with hider.
This is done until the last seeker finds the hiding place. The last person is the new hider.

FOX 'N' HOUNDS
Two teams. One team = foxes, one team = hounds.
Foxes run, hounds have to chase and find the foxes
Similar to ‘It’s the FUZZ’ – however, in this game you use tags.

FOX, RABBIT AND HOLE
Hound chases the fox. Fox is safe when he is in a hole
Hole= two people linking arms looking at each other.
When a fox enters the hole, one of the people in the hole becomes the fox. Hound chases this fox.

RATS 'N' RABBITS
Two groups lie on the floor facing each other. One team are rabbits, the other rats.
When instructor shouts ‘RATS’, they chase the rabbits. Vice Versa.

VEGETABLE SOUP
One person, the Chef, stands in the middle of a square made up of 4 corners,
each corner having a little circle on it.
Each corner is designated a vegetable e.g. carrot, potato,
and the group are divided equally amongst the four corners.
The Chef starts stirring an imaginary soup, and then at random calls one of the vegetables.
All those assigned that vegetable must run into the centre of the square and start running
round the Chef anti-clockwise.
The Chef can call as many of the vegetable groups as he likes in.
The Chef may also at any point shout ‘Soup’s Boiling!’ at which point all those running round the Chef
must continue running whilst waving their hands in the air and yelling ‘Blibliblibliblibiblibliblibl’.
If the Chef at any point shouts ‘Soup’s Burning!’ everyone running round him must try to
escape back to their own base before he touches them.
Anyone caught, joins the Chef for the next round, until everyone is caught.

Equipment needed: Something to create four small zones e.g. four small pieces of rope. A chef’s hat?
Area needed: Fairly large area, preferably outside.

People Needed: Ideally has at least nine players

Variations: Any food stuff can be used for the soup e.g. in a fishing village use four fish, in a hunting
village, use four types of meat, in a vegan village, use four types of nut.

CAT AND MOUSE MAZE
All members of the group, apart from two, stand in lines, with arms outstretched to the side,
touching the next person’s fingertips.
This square of rows should be as long as it is wide.
At a given signal ‘Switch!’ those in the square must rotate 90degrees so that they create columns,
again touching the fingertips of the new people besides them.
Into this maze comes one designated Cat and one Mouse.
The aim is for the Cat to catch the Mouse, by running up and down the rows of people,
without breaking through any links.
At any time, the person calling the Switch can do so, thereby helping or hindering the Cat.

Area needed: Fairly large area, ideally outside

People needed: At least 11

HANDKERCHIEF THIEF
One person in the middle holding a handkerchief.
Groups leave their base to steal the handkerchief.
The person unsuccessful has to catch the person with the handkerchief.
**CAPTURE THE FLAG**
Two teams each try to cross into the other’s “territory,” get possession of a flag or other object, and return to their territory without being tagged; those tagged must stay in their opponents’ “jail” until “rescued” by fellow team Members.

**MONSTER STOP/GO**
Like “what's the time mister wolf” when the monster wakes up the kids have to freeze.
If anyone is seen moving they go back to the beginning.
First to make it all the way to the monster wins.
Only point to it is having a big ugly person to be the monster so they scare the kids!

**DUCK DUCK GOOSE**
The group sits in a circle while one ‘Farmer’ walks round them, tapping each member on the head while saying ‘Duck’.
At any point, the Farmer may say ‘Goose’, at which point, he/she must run quickly round the circle.
The Goose must get up and chase the Farmer before he/she gets back to sit in the Goose’s spot.
If the Farmer is successful, the Goose becomes the Farmer.
If the Farmer is caught before sitting down, he/she remains Farmer.

*Variations:* Use any other animals, or any other objects as the ‘Duck’ and ‘Goose’.
Use local languages.

**SNAKE TAG**
Start out with three to four in a group. Try to get as many groups as possible and leave a person as “it”.
Have the members of each group attach together by holding onto the waist of the person in front of them to form a snake.
The person in front is the head and the person in back is the tail.
To start, the person that is “it” must catch the tail of one of the snakes and attach to it.
If he is successful, the head must come off and he is now “it”.
You are to twist and turn your snake to keep from loosing your head.

**POISON COOKIE**
*Required:* 8 Foam Discs (Cookies), flat play area (gym floor or parking lot), flags or bandanas.
Make cookies out of 2” foam, 12” in diameter. Colour 4 cookies yellow and 4 red.
You can use coloured tape around the circumference or spray paint the cookies.
Divide into two teams on opposite sides of the play field. You may use bandanas or flags to identify the two teams. Each team gets one colour of the cookies. The object is to hit member of the other team by kicking the cookies at their legs. Anyone hit by a cookie from the opposite team is out of the game.
When one team has been completely eliminated, they lose.

**ANIMAL GAME**
*Required:* Play area.
*Players:* Small to medium groups.
You need at least 10 kids playing including a caller. All the players must first line up in front of the caller, and the caller whispers an animal name to each player that they will be in the game.
Once all the names are given out, the caller gives them ten seconds to run around.
Afterwards, the caller starts calling animals out. When the caller calls an animal, that person has to run from everyone and all the other players have to tag that person to get him or her out, but the caller doesn’t have to wait until the person is out to call the next animal.
The caller can call another animal before or after the person is tagged, it’s up to the caller.
This goes on until there are only two players left.
The remaining players must go to a designated area with boundaries to do a sudden death.
They do the same thing, but this time they are not allowed to step out of the boundaries.
If they step out or are tagged, they are out and the last one standing is the winner.
The winner will be the caller in the next game.
REMEMBER: Deciding which game to use will depend upon the size of the group, the age of the group, the abilities of the group, the facilities available. Some games are more suited to the outdoors than indoors, but both types can be successfully adapted to either venue, with the appropriate modifications. Be creative!

Skills employed: coordination, reflexes, turn-taking, sharing, cooperation, social behavior development, leadership

FOOTBALL
Two teams, each trying to kick a ball through the other’s goal:
Divide groups into teams of equal ability, rather than size
Heavily penalize body contact, deliberate fouls, etc

ULTIMATE FRISBEE
Two teams, each trying to pass a Frisbee across the other’s goal line
Frisbee holder cannot move

LONGBALL /BASEBALL / ROUNDERs

Longball:
Bowler bowls underarm to batsman at waist height. The batsman has three chances to hit ball and can run only if he hits ball. The ball must go forward. On the third attempt batsman must run away. Batsman runs down to “Safe Zone (1)” where he can stop, or decide to run back to his team, thereby scoring a run. The fielding team must get the ball and attempt to hit the running batsman below knee height in order to get him out. If batsman decides to wait in Safe Zone A, he cannot run back until the next batsman starts to run. Batsman must return to Zone B after two more batsmen have taken their turn. Fielders cannot run with the ball! Game continues until all batsmen are out and teams swap over. If a player is caught out the whole team is out.

Rounders:
Bowler bowls ball underarm to arrive at batsman below shoulder, but above knee height. Batsman strikes ball with his hand (or attempts to strike ball) and then sets off round the outside of the posts (anti-clockwise direction). Fielders must collect ball and pass to one of the four fielders on the bases. They must then pass the ball to each other (without dropping it) before running. Batsman gets to the 4th base. i.e. there must be four good clean catches. If batsman fails to get to 4th base before the four catches have been made he is deemed out. He is also out if any fielder catches ball without it hitting the floor first. If bowler bowls above shoulder, or below the knee it shall be called a “no ball”. Two no balls in succession, one run to batting side. When all batsmen are out, the side with the highest number of runs is the winner.
Softball:
Same set up as for rounders. Same basic rules, fielders only throw the ball to the base the batter is running to. If the ball arrives at the base before the batter, he is out. The batter is safe once he has reached a base and may stop there, but cannot run to the next base until the next batter runs. Three “outs” and the team swap over. Play for a set number of innings – the team with the most batters to reach base four wins.

Batdown:
One batter, one bowler. The rest of the group are fielders. When the batter hits the ball, he must lie his bat down on the ground facing the person who has stopped the ball. Person with the ball then bowls ball from where they stopped it and tries to hit the bat. If the ball hits the bat they become the batter - if not, carry on. Any ball caught before the ball hits the ground, then batter is out and swaps places with the catcher.

Cricket
Two teams, each bowling a ball to a batsman on the other who tries to hit it and then count points by running between wickets before the pitching team recovers the ball.

PETANQUE/BOULE/BOCCE
Two teams, each trying to throw their balls closer to a smaller ball (jack/pallino) than the other.

RUGBY
Two teams, each trying to run a ball across the other’s goal line.

UNIHOC
Played exactly the same way as hockey, only using plastic sticks:
Players cannot touch the ball with their hand, or kick it.
Any player lifting their bandy stick above waist height should be penalized.
This is very important, to prevent other players losing their teeth
Use a ball outdoors, and the puck indoors.

NETBALL
Two teams, each trying to through a ball in the opposite members hoop.
Players not allowed to move when they have the ball.

VOLLEYBALL
Demonstrate the 3 basic skills, i.e.
Serving should be done from behind the back line of the court
Points are scored by a team only when it has served
Each team may only touch the ball 3 times in their court before the ball
Crosses over the net into the opponents half.
The ball cannot be kicked
If the ball hits the net on a serve, it is out
Players should not touch the net
Skills employed: coordination, reflexes, turn-taking, sharing, cooperation, social behaviour development, leadership, followership. Variations add different dimension to well known games; supporting a sense of fun, silliness, change and inspiring children to add to look differently at the games they all ready have.

**FOOTBALL**
- *Big Ball football* – Football with a ball 70cm diameter
- *Crab football* – children play football whilst moving around on the pitch on their all fours.
- *World Cup Doubles* – one goalkeeper, children in teams of two. Play a tournament.
- *Heads ‘n’ Volleys* – one goal. Team can only score through a head, or a volley.

**ULTIMATE FRISBEE**
- ‘*Netball and Frisbee Mix*’ – Teams split into groups.
  Have to throw Frisbee/or ball into the hands of the Zone-Man.
  He is guarded by two players who have to stop the Frisbee/ball reaching him.

**ROUNDERS**
- *Kickball Roudners* – Same field, no bat, bigger ball. Same concept.

**CRICKET**
- *Lightening Cricket* – One stump, batsman has to run from their wicket, to a wicket 15m to the left. Bowler can bowl at any time.

**FRENCH CRICKET**
Player stands in the middle of a circle and has to defend their legs from the ball using their bat.

**PETANQUE/BOULE/BOCCE**
- *Big Ball Petanque*
- *Curling* – Similar to petanque. However, much like ice curling.
  Using a big target laid out on the floor,
  team of children roll balls into the target to score points.

**RUGBY**
- *Tag Rugby* – Children have tags of material attached to their hips, that player cannot move/or is out when opposition remove tag.
Ball Games

Skills employed: coordination, reflexes, turn-taking, sharing, cooperation, social behaviour development

CHAOS BALL
Group members meander within a small area, trying to get possession of and throw a ball; when hit with a ball, group members sit down; sitting group members can get possession, pass the ball amongst themselves, and stand up when the last sitter hits a standing group member with the ball.

DODGE BALL
Two teams each try to hit the other’s members with a ball; those hit must stay in their opponents’ “jail” until “rescued” by fellow team members.

SQUASH
Each player playing for themselves. Have to kick a ball against a wall in turn. If player misses they get the letter ‘S’ – if they get S Q U A S H, they are out. Can use any type of ball, and any word.

CLUMSY PLAYER
Team stands in a circle, throwing ball (or Frisbee) to each other. Person who drops has to then catch it one hand. Should person drop again, and then have to go to one knee, two hands, then one knee (one hand) etc.

VOLLEYBALL
Two teams have to hit a ball over a net to the other team in three hits. Use any size ball – no smaller than a volleyball.

BOWLING
Big Ball Bowling. People = pins.

FOOTBALL TENNIS
Layout a tennis court. Players use a big ball instead of a tennis ball, and their feet instead of racquets.

RAINBOW
Two teams stand on different sides of a large object (e.g. a wall, a van) so that they can’t see each other. Then each team takes it in turn to throw a ball over the object, which the second team then have to try and catch without using their hands. If the group is advanced, you don’t have to give any help, they should be able to work it out themselves. This is good as an initiative exercise. If the group is less advanced, you can suggest to them that the best way is in a circle linking arms, so that the ball lands in the middle so they can trap it. This then turns into just a fun exercise. Note: Ideally the ball should be fairly bouncy
Skills Employed: social behavior, cooperation, sharing, athleticism, imagination and sense of humor.

**MUSHROOM**
This is not so much a game, more an essential starting point for parachute play.  
Get everyone to spread out the parachute and hold the edge, spaced out more or less evenly so they're standing in a circle.  
Pull the chute taut and lower it to the ground (or knee level).  
On the magic word (e.g. Mushroom!) everyone pulls the chute upwards (don't let go).  
It will fill with air and rise up like a giant mushroom - or igloo.  
To get it as high as possible everyone must take a couple of paces towards the centre as the chute rises. It's good to practice this so that the group can learn to work effectively as a team and get the chute really high. It won't work without co-operation.  
Variations on Mushroom  
Everyone mushrooms and then runs to the centre, still holding the chute.  
Everyone mushrooms, and then lets go, especially outdoors on a windy day!  
Everyone pulls the mushroom over their heads, and puts it under their bottoms.  
They are no encapsulated in the parachute!

**ROLLERBALL**
Everyone holds the chute taut. Place a large ball near the edge.  
Try to make the ball roll around the edge of the chute.  
To do this someone starts the ball rolling.  
As it comes towards you, you lower the edge you are holding, and as it goes past you raise your edge.  
When all the players do this in synchronisation it creates a wave going round the edge, pushing the ball round in front of it in a smooth, steady circle. It cannot be done without concentration and co-operation!  
However, it is very rewarding for the group to eventually achieve a smooth, continuous motion.  
Once you've done this try speeding up - or change direction.

**BIG TURTLE**
Have the children get on their hands and knees under a large "turtle shell" and try to make the turtle more in one direction.  
As a cooperative game, children have to work together to get the turtle to move.  
Variation: Have the turtle go over a hill or bench or through an obstacle course without losing the shell.

**JAWS V DAVID HASSELHOFF**
Everyone sits on the floor in a circle holding the parachute stretched out with his or her legs underneath it.  
The chute is the sea and they are sitting on the beach, happily dipping their toes in the water.  
By shaking the edge of the chute realistic ripple or wave effects can be generated.  
Once the waves are going well someone is selected to be a shark and disappears under the chute. They move around underneath and because of the waves it will be difficult to see where they are.  
The shark chooses a victim and grabs him or her by the feet. The victim can give an appropriate scream before disappearing under the chute.  
This person now becomes a new shark. It is then good to introduce a lifeguard, who when seeing a person being pulled in, tries to save the person, by pulling them back out.

**SEE-SAW PULL**
From a sitting position, have the children pull the chute back and forth in a see-sawing motion.
MAKE WAVES
While gripping the parachute, everyone moves their arms up and down to make small and large waves.

BALL ROLL
Have the children try to roll balls into the hole in the centre of the parachute.
This can be made into a game by using two balls, and having two teams.
One team has to get their ball into the hole before the other team.

PARACHUTE TAG
Lift the parachute high overhead. Call one child's name and have her run (skip, hop, twirl or crawl) to the other side before the parachute comes down and tags her.

ONE HAND RUN
Have each child hold the parachute with one hand, extending the opposite arm out for balance.
Run around in one direction, then change and run around in the other direction.
A variation would be to use music as the cue for changing direction (i.e. direction can be changed every time the music stops).

PARACHUTE RUN
Have the children take turns running on the parachute as it lies on the ground, while the other children make waves.
See how long the children can maneuver on the waves before falling down.
The length of the turn can be determined by songs that the children choose to sing. (i.e. everyone's turn lasts the length of one song).

POPCORN
Place a number of beanbags on the chute.
Shake the chute to make them rise like popcorn.
If someone catches popcorn, they win.

POISON SNAKE
Place four to six pieces of yarn on the chute.
By shaking the chute, try to make them hit the players on the other side.

MERRY GO ROUND
Turn the body so that the chute is held with only one hand, walk, hop, jump, skip around holding the chute. It looks like a merry-go-round.

WAVE
Where one person puts hands up and person next to her follows action. (like the wave at a baseball game).

CAT AND MOUSE
One child - the mouse - is under the chute, everyone is shaking it – quite close to the ground and another child (shoes off) crawls on top and tries to hunt and tag the mouse.

RUNNING BY NUMBERS
If the chute is a large one...the kids love to run underneath and switch places with others – could number them 1 through 5 around the circle- and then call out a number. (Lots of screams for this one.)
A good indoors fun session based around a theme.
The session involves duplicating as many Olympic events as possible, adapted to an indoor venue.
Using unusual objects as equipment means the naturally un-athletic have a chance too!

**Aims:**
- to provide an interesting indoor games session &
- to involve as many people as possible, to have fun

**Benefits:**
- good exercise, can be enjoyed by virtually any group, promotes teamwork and co-operation.
- Provides opportunity for those not normally good at sports to succeed, competitive, but in a fun way

**Preparation:**
**EQUIPMENT REQUIRED:** Mini Olympics hold all and any other sporting equipment
A lot of preparation is required for this event. Make sure you think through each activity, and have the equipment required to do it

**Teaching:**
**INTRODUCTION**
1) Divide the group into a number of “teams” – such as ‘tigers’, ‘lions’ etc.
   Avoid countries.
2) Start the games with the proper opening ceremony, including music, lighting the Olympic flame, etc.
   Each country makes their own flag and march around the stadium. Be creative!

**The Events:**
Some examples (add your own):
1) **Javelin** - foam javelin
2) **Discus** - foam discuss
3) **Hammer Throw** - foam hammer
4) **Shot put** - foam shot-put
5) **20m Hop** - either hop on one foot or tie both ankles together
6) **4 x 20m Hop Relay** - use batons
7) **Hop Hurdles** - construct hurdles from old bandy stick handles across two chairs / blocks, etc.
8) **Standing High Jump**
9) **Standing Long Jump**
10) **Standing Triple Jump**
11) **Show Jumping** - “Horse” carries “Rider” around course of different jumps - timed event
12) **Hockey** - uni-hoc
13) **Soccer**
14) **Any Other sport!** (Be creative… anything could be an Olympic sport!)

**Conclusion:**
1) Finish the games with an award ceremony, presenting medals for first, second and third.
2) Have a closing ceremony, including carrying out the Olympic flame.
TREASURE HUNT TYPE
Group, or groups, must rotate from station to station, completing a task at each one. Each time they complete a task (e.g. an initiative exercise) they get a piece of a map, which will eventually lead them to a final destination. Or they could get clues that they have to piece together at the end to reveal the ‘answer’. 
Notes: This activity is very site/group specific, and must be catered accordingly. Could include an orienteering section. 
Equipment needed: Equipment for different stations.

MESSAGE DELIVERY
Group is split into two teams with one team responsible for carrying snippets of a message from point A to B, manned by instructors. The second teams patrol a defined area and attempt to tag members of the opposite team. If tagged, the first team must give up their word to the person that tagged them. The second team tries to work out the message before the other team by constantly trying to tag them to get their words. Instructors are responsible for handing out snippets of the message and for assembling the message at points A and B respectively. 
Notes: The game can be run with a Police vs. Cops theme whereby the message reveals the location of loot.

MANHUNT
Similar to the Treasure Hunt Type, a game can include an orienteering element which will lead groups to the location of a fugitive/casualty.

SARDINES
One person hides while the rest of the group has to find them (often searching in pairs). Once they are found, those people have to hide with them in the same hiding place. The game ends when the last person finds the hiding place with everyone there! 
Notes: Can be played both inside and outside. It is often played with a time limit to avoid those that are searching getting bored!

CAPTURE THE FLAG
Two teams have to search for each other’s base. On finding the other teams base, they must seize the flag and return it to their own base. Every one has piece of cloth coming out of their trousers, which the opposition must attempt to grab. If you lose your cloth, you must return to your own base to get another before you can continue. The first team to seize the flag is the winner. 
Notes: Potential additional rules.
  1) Neither team knows where their own base is. 
  2) There is more than one ‘flag’- the team that gets most is the winner, within a time limit. 
  3) Members have more than one life at a time.

IT’S THE FUZZ
Instructors hide several bits of ‘loot’ around the area. One team is the police, one team are dangerous criminals. The dangerous criminals have to find the loot and return it to their base, the police have to capture the dangerous criminals. The dangerous criminals have two lives.
FIRST AID
First-aid-qualified expedition members can teach the basics of first aid treatment of cuts and burns, sling-making, dealing with an unconscious casualty, calling for help.

INTERNATIONAL DANCES
Inuit snowshoe dance, South African Gumboot Dance, Polynesian Dances etc.

ORIENTEERING
Orienteering is enjoyable if you can do it, and if we are able to set it up with our hosts!
Aims: to teach people basic map-reading skills
To provide both an intellectual and a physical challenge. To have fun!
Benefits: Exercises the brain as well as the body. Does not necessarily favour the physically fit

Preparation:
EQUIPMENT REQUIRED: controls set-up and maps drawn by Play team.
Pencils map and watch for each team.

Teaching:
INTRODUCTION
1) Introduce yourself and find out their names.
2) Explain what orienteering is - find a number of controls as quickly as possible, using the map as a guide. Be enthusiastic!

INTRODUCING ORIENTEERING
Here are some ideas to lead up to using printed maps.
1) Issue the groups with paper and pencils. Discuss what maps represent, i.e. birds eye view.
   Ask group to draw their own maps of room / objects on table / seafront area.
   This is useful to introduce what is represented on maps and what isn’t. Also legends and symbols to represent the difference between walls / roads / buildings and scale.
2) These maps can then be used. Given each person / pair an object to hide somewhere on their map.
   They could also write a description of the route to object.
   When they return, swap maps and then try to retrieve the items. Discuss what makes a good map.
3) Get the group to walk what they think is 100m. Measure it and correct them.
   This helps the group to gauge distance on the ground and distance on the map.
1) Hand out the maps. Explain - how to orientate the map - what the symbols on the map mean
   Ask each person to identify a feature on the map.
   Give the group plenty of time to become familiar with the maps.
2) It is a good idea to go for a short walk around the seafront area with the group,
   practicing orientating the map. Get people used to estimating or pacing distances
3) Explain what the controls look like.
4) Explain what you want the group to do when they find a control. (Controls should be left as they are found). If necessary, go with the group to a close control and demonstrate.
5) Inform the group of potential danger areas
6) The group should be warned against running up and down steps, particularly when they are wet.
**RUNNING THE SESSION**

1) Divide the group into pairs, where appropriate.

2) Explain where the start and finish is.

3) Set the group a time limit that they have to be back by.

4) If appropriate, accompany the pairs.

5) Set the pairs off at 1-minute intervals, keeping a record of what time they go out.

6) When they come in, check their answers.

7) Depending on their success, send them off again on a slightly harder course.

8) A good way to ensure maximum participation and understanding is to send the pairs/ individuals / groups off to find say 2 or 3 controls and then return to you. You then check that they are correct and then set them 5 or 6 controls, again returning to you. This uses the time effectively and ensures that everyone gains some success.

9) Keep a record of their times, encourage them by offering prizes.

10) Ensure that they use the time usefully, not spending two hours wandering aimlessly around the campus.

11) It is better to bring everyone back together after half an hour to talk over any problems than have people struggle unsuccessfully and lose interest.
HUMAN CANVAS
Can be done as relays if you have enough people.
Prepare simple pictures on cards – geometric shapes, letters, a simple house, etc.
People are in a line all facing someone’s back. The person at the end of the line is shown a card with the simple picture and then with her finger draws this on the back of the person in front of her.
He then draws what he feels that she has drawn on the next person’s back.
The person who is at the head of the line then draws the picture on a piece of paper.
The team whose picture is most correct and has been drawn most quickly is the winner.
Then the person in the back goes to the front and another picture is given to the new person who is at the back. Continue till all have had a turn to be at the head of the line or until you run out.

BACK SEAT DRIVER
**Required:** Several big wheels or tricycles, blindfolds, and orange construction cones
**Players:** Small to large groups
Set up teams so that each team has a small bike to ride, a blindfold and a course with 3 -5 cones ahead of them equally spaced. If you don’t have access to cones then make them out of milk jugs filled with sand or water.
You can paint them differently for each team. The first player from each team will mount his bike and put on a blindfold, the next player of the team will be the back seat driver. The back seat driver will direct the driver down through the cones weaving in and out, and then back to the start line. The back seat driver will now become the driver and the next person will be the back seat driver. The old driver will go to the back of the line until he becomes the last back seat driver. The first team to complete the rotation is the winner. A great team building game which youth or young couples will enjoy.

BALL RELAY
**Required:** 15 sets of balls in various sizes, two ball bags and two hula-hoops
**Players:** Small to large groups
This game is great for a physical education teacher. Set up players in two teams. You will need 15 balls for each team. The balls for each team should match in size. You should use medicine balls, basketballs, soccer balls, footballs, kick balls, volleyballs, etc. Each team should have the same size and amount. In front of each team, place a hula-hoop filled with all their balls, the big ones should be on the bottom with the little ones on top.
All the balls should fit inside the hoop. At the other end of the field will be a ball bag for each team (big enough to hold all the balls for that team). The first person from each team is to grab a ball, take it down the field, stuff it in the bag, race back and tag the next person who will do the same. You keep doing this until the last ball is left.
The person with the last ball will take it down field, stuff it in the bag, bring the bag back to the front of the line where the hoop is and place all the balls back into the hoop. Once all the balls are out of the bag and placed in the hoop that team wins, but the trick is they have to be stacked correctly to fit into the hoop. The big ones must be on the bottom and the little ones on top.

BALLOON HEAD RACE
**Required:** Balloons
**Players:** Small to large groups
Organize players so that they’re into pairs and each team receives a partially inflated balloon.
When the game starts, teams must race to a finish line carrying a balloon between their heads, remember don’t use your hands. On hot days try it with water balloons or through a sprinkler.
You can even try an obstacle course.
BANANA OLYMPICS
Required: Bananas
Players: Small to large groups
Divide the group into teams of 8-10 players and give each team a banana. Each team will complete several series of different relays using their banana. Here are some ideas for those relays.

1. The banana under your armpit and hopping on one leg down a field and back.
2. Place the banana between the knees and hop down a field and back.
3. Two team mates tossing the banana back and forth down the field and back.
4. Place the banana on the ground and each teammate must roll across the banana.
5. Teammates line up in leapfrog formation and first player hops over players while holding banana and then tosses banana to next player in line to do the same.

Show the players all the relays that they’ll have to complete for the Olympics. You may have to write them on a large white board so that all players will know what relay is next. Once a team has completed all these relays someone on the team must eat the banana and the team that is done first is the winner. Use your own ideas, add to the list or use only a few ideas. You can adjust this game to all types of players including the disabled.

BEANBAG BOWLING
Required: 5 bowling pins and 5 bean bags
Players: Medium to large groups
Play on a smooth flat surface like a gym floor. Divide players into four teams. Place one bowling pin exactly in the centre of a 30ft - 40ft circle. The other four pins will be placed evenly around the outside of the circle. One player from each team will be on the outside of the circle standing next to their bowling pin but slightly behind it. The player is given a beanbag to hold onto while they run. When signalled, the players are to run around the outside of the circle in a clockwise direction. Once they make a complete circle they are to stand at their bowling pin, toss their bag so that it will slide across the floor in an attempt to knock down the bowling pin. If their bag misses they are to retrieve their bag and return to their throwing position and try again until someone knocks down the pin. The team that knocks down the pin receives 5 points. The next players on each team will do the same until all players have had a chance to do the relay. The team with the most points is the winner.

BIG FOOT
Required: One blanket for each team, cones
Players: Medium to large groups
Play this game in an open grassy area. Divide the group into teams of 10 players. Each team will be given one blanket. Set out one cone per team at the end the playing field for players to go around. Each team will need four players to carry the blanket; one player on each corner and the corners will be numbered corner #1, #2, #3 and #4. They will also need one player to ride in the blanket. The players will rotate after each carry so that each player on the team has been at all of the corner positions and the carried player. On go, the teams will race down around the cones and back then rotate until all players have had a turn. If one team is short on players that team will have to repeat some players so that all teams take the equal amount of trips down and back. The first team to complete the rotation is the winner.

CHIMP RACE
Players: Small to large groups
Set up teams and play area. The first person on each team is to bend over with feet apart and grab their ankles. On “go”, they are to race down the course and back without letting go of their ankles. Each person on the team repeats the relay. The first team done is the winner.

CRACKER WHISTLE
Required: Crackers, table or counter, cups and water
Players: Small to large groups
Set up 2-4 teams depending on the number of players. The first player on each team will run to one main table, eat two crackers and then attempt to whistle. Once a player has whistled they run back to their team and tag the next player. That player will also do the same until everyone has completed the task. The first team done is a winner. Make sure you have cups of water nearby just in case someone needs a drink.
BLINDED BALL RETRIEVAL
Required: Containers, balls and blindfolds
Players: Small to large groups
Separate into teams of 4-8 players and each team will have one container of balls and one blindfold.
Each container will have the same amount of balls about 3-5 depending on the size of the teams.
The container of balls will be placed about six feet in front of the teams. The first player will put on the
blindfold and then the balls will be dumped out. Each player will try to retrieve 3 balls and place them
back into their own container by following instructions given by the rest of the team.
If they have done this they can remove their blindfold and return to the next person in line.
That person will put on the blindfold and the balls will be dumped. They will also retrieve 3 balls for their
container. The balls can be any balls that they find but they have to go into their own container.
If they put a ball into the wrong container it will count for the other team.
Caution the players not to run because they can bump into the other players that are blindfolded.
It's best if only one person from the team tells the blindfolded player where to go.
It will take teamwork trying to keep quiet so that the player can listen for direction. The first team done
with the rotation is the winner.

BABY CARE RELAY
Required: Baby dolls, baby clothes, diapers, powder, small tub or dish pan, peanut butter,
water and towel
Players: Small to medium groups
Try to come up with life size baby dolls to play this game. Each team will have close to the same size
baby and the same items to dress their baby. Items to dress the baby for each team might be booties,
t-shirt, diapers, a bonnet or cap and one-piece outfit. To add some excitement you can even put a
scoop of peanut butter in each diaper and make sure each team has several diapers for diaper
changes. You could even throw in a few diapers with pea soup for an added surprise. To start the
game, have the babies dressed and across the room on a table. The first person on each team will
undress baby, if the baby had a bowel movement remove with a diaper wipe and place baby in the tub.
They return to the team and the next person will dry off baby, power and diaper bottom, dress baby and
pat once on bottom to ensure the BM (bowel movement) connects to baby. The next person will remove
clothes; wipe bottom and place in tub. The first team to finish rotation will be the winners.
This game is a great youth group game, great game for a child development class and for a baby
shower. Discuss the do's and don'ts about taking care of a baby after this game. One of them is never
leave a child alone in a tub and baby powder is not used by many parents because it’s not good for
babies to inhale.

CUP STACK RELAY KNOCK DOWN
Required: 8-10 paper or plastic cups and plates, one Fun Gripper Team Handball per team
Players: Large groups
Set up teams of 8-10 players in lines facing away from the middle of a circle about 15-20 feet away.
In the middle of the circle, somewhat lined up with each teams position, is their pile of cups and plates
to stack up.
Each team will be given one ball. The first player from each team will run down to the middle where
their equipment is, and stack the plates and cups alternating them, having the cups face down, and
then run to the next person to do the same. The next person will run down and un-stack them and then
re-stack them.
But anyone from another team has the option of using their ball to try to knock down any other team's
stacked pile to set them behind. This is done only by the next person in line, on their turn, they cannot
go do their task until the person behind them has retrieved the thrown ball and brought it back to the
group.
If a team's cups are knocked down, the person that stacked them has to return and do it again.
So the strategy becomes do you knock down someone else's stack or focus only on your team's
progress and play it safe. The first team done is the winner of the game.

EGG ROLL 500
Required: Eggs (cooked or uncooked), obstacle course
Players: Small to large groups
Set up an obstacle course with a start and finish line.
If outdoors, players can do this barefoot if weather permitting.
The course could go through mud puddles and/or water (sprinkler) if available.
Divide into teams and each person is to go through obstacle course pushing an egg with their foot.
FLAMINGO BALL RELAY
Required: Balls
Players: Small to large groups
Set up teams of 8 - 11 players and each team will need one ball. Choose one player on each team to toss the ball to their team players. The teams are to line up side-by-side about one to two feet part from the other team players. The players with the balls are to be facing the first player in line about 5-8 feet away. On go, the first player is to stand on one foot (left foot) and the ball is to be passed to them 5 times by their player with the ball. If they put their foot down they are to start over with the count of 5 again. Once that player has completed the 5 passes then the next player will complete the task. You do this all the way down the line until the end. Once the last person has completed standing on the left foot, they will now stand on the right foot for 5 ball passes. The next player will do the same standing now on the right foot working your way back up to the starting point. The first team to complete the ball passing while standing like a Flamingo is the winner. This game idea came to me after reading the book called The Gift of Dyslexia.

FLAPJACK RELAY
Required: Stack of pancakes, pancake turners and plates
Players: Small to large groups
Ahead of time cook up enough pancakes so that each team will have about 10-15 pancakes. Have the same amount of pancakes for each team at the starting line on a plate and another plate at the other end the course about 25-30 ft. The first member of each team is to carry the stack of pancakes (all at once) very carefully on the pancake turner to the other plate, lay them on the plate, then return to the next player, and give them the turner. They are to go to the end of course and return the stack back to the starting plate. Keep repeating until everyone has had a turn. The first team done is a winner.

FOOTBALL TOSS CONTEST
Required: Tire, rope, 4 or more rugby balls or soft rugby balls place to hang tire (jungle gym, tree, monkey bars)
Players: Small to large groups
Hang a tire at a level that all players can pass a rugby ball through. Divide up into two teams and have them line up on both sides of the tire so that they are staring at each other. Give the teams the same amount of rugby balls. The first one in both lines is to throw all balls through the tire in hopes to block the opposing players throw and/or receive one point per score. When done, that person is to retrieve balls back to starting container and next person is to continue. The team with the most points wins. Use soft rugby balls to prevent injury from getting hit or if you use hard footballs wear bike helmets.

FOUR LEAF CLOVER RACE
Required: Cut out two 5 inch clovers for each team
Players: Small to large groups
Set up teams with first person on each team holding 2 four leaf clovers. On “go” they are to place the clovers in front of them to step across course. When they step to the second one, they are to pick up the first one while standing on one foot. Once they pick up the first one they place that one in front and step on it. The object is to go across the course stepping on only the clovers without stepping on the floor. If they step on the floor they must return to the starting line and start again. You can use different variations of this game. You could line a gym up with everyone holding clovers and the first one across is the winner. This also could be varied for the time of the year, Valentines, Crosses for Easter, Bunnies, or Spring Flowers.

ICING SIGNATURE
Required: Icing, tables, wax paper and decorating bags
Players: Small to large groups
For each team you need cake-decorating bags filled with icing. Set up tables with wax paper on them and one decorating bag filled with icing for each team. Each player on each team will race down to the table and write their name on the wax paper with the icing bag. You can have them write just their first name or both. To make the game longer you could make them have to fill the bag once they get down to the table. To lengthen the game writing their full name would make them have to possibly fill the bag again. You could have a judge make sure that the writing is legible. The first team to finish writing their names is the winner.
GARDEN BUBBLE GUM BLOW
Required: Packs of bubble gum and new garden gloves
Players: Small to large groups
In large groups set up two to three teams. Have your teams line up and sit down if possible. On go, the first person in each team puts on the garden gloves. They will then open the package of gum, pull out a piece, unwrap it, chew it, blow a bubble, and then pass the gloves to the next player. The first team to complete the task wins. The winners can take home the garden gloves and all the used chewing gum they can handle.

ICE FISHING
Required: Roasting pan, ice cubes, and marbles
Players: Small to medium groups
Fill a roasting pan with ice and then put marbles in it. You can break the kids up into teams and then have each person on the team come and try to “fish” out one of the marbles with their bare feet. The first team done wins. You’ll really like watching everyone’s expressions when they stick their feet in the ice.

Jelly Bean Relay
Required: Spoons, two dishes for each team and jelly beans
Players: Small to large groups
Each team has equal amount of jelly beans in one dish and one empty dish. You’ll need enough spoons for everyone that is playing. The object is for each team to have one person at a time, move jelly beans from one bowl to the other. This is done with hands behind their back, spoon in their mouth and one bean at a time. The first team to have all members complete this task is the winner. You can use items like lemon drops, heart candies or anything other than jelly beans

Knot Race
Required: Ropes or sheets
Players: Small to large groups
Set up two teams with a rope for each team. Tie as many knots as there are player in each team. On go, the first person in the team is to untie a knot, then hand the rope to the next person and repeat. The first team to untie all their knots is the winner. Variations: Have the teams send the rope down the line with them tying the knots and then back up the line untying them. You could even have them use only one hand to untie the knots which means they would have to use their teeth. Please use a clean rope or sheet for this variation.

Lemon Relay
Required: Lemons, pencils, and rolling course
Players: Small to large groups
Divide into two groups or more depending on participants and supplies. At starting line, teams are to roll lemon using a pencil through a short course and back to starting point. Each person on team must complete task until the first team complete is the winner

Lily Pad
Required: Paper plates or sheets of paper or newsprint
Players: Small to large groups
Divide the group into teams of 4 or more. They will have 2 fewer plates than the number of team mates. The object of this game is to get all team members across a space (pond) by stepping on the plates (lily pads) only. The number of people on the team will determine length of space. Since they are using 9” plates, a bit of leniency should be practiced as far as stepping only on the plates. At least half of the players’ foot must be on the plate. Each team must come up with a strategy for passing the plates back and forth in order to get all team mates across the span. The first team to get all members across wins. After the teams try this, and think they have it figured out, have them try again with these variations:
- No shouting out instructions; in fact, NO words at all. They can use stomps, grunts, snaps or whatever else they can come up with, but no talking.
- Every 30-45 seconds, (moderator controlled), one plate is taken from the team, (moderator’s choice). Whoever is on that plate must go back to the beginning, and the team has to come up with a strategy to get that person back with the team.

Mellows On A Line
Required: Large marshmallows, goggles, line and skewer
Players: Small to large groups
String an even number large marshmallows on fishing line or clean string by poking a hole through the marshmallows with skewer. Space them about 6” apart on the line with one marshmallow for each player. If marshmallows are too soft you might have to set them on a cookie sheet and place them in a freezer for a while before poking a hole through them. Make sure they are fully defrosted before playing the game. Secure the line by tying it to trees or have players holding it. Set up 2 teams and each player one at a time will put on a set of goggles, eat one of the marshmallows and then tag the next player to do the same. The first team done is the winner.

**Orange Relay**  
**Required:** Oranges  
**Players:** Small to large groups  
Divide into groups depending on participants and supplies. The object is to pass the orange from one team mate to the next from under the chin without using your hands. If groups are small, make them go around twice.

**Balloon Race**  
**Required:** Small balloons, shaving cream and plastic knives  
**Players:** Small to large groups  
Each player is given a balloon coated with shaving cream. At the same time, all players must shave their balloon with out popping it. The player who does this first wins!

**Three-Legged Race**  
**Required:** Scarf or pieces of cloth  
**Players:** Small to large groups  
Have each team break off into pairs. If you have adults playing, match each adult with a child. Take one scarf and tie together the inside ankles of the pairs while they stand hip to hip. Mark off a starting line and finish line for the players to race through. The first team to cross the finish line is the winner. You could even plot out a marathon or obstacle course for them to run through.

**Team Shuffle**  
**Required:** Large play area, (field, gym, or large room)  
**Players:** Small to large groups  
Divide all players into four teams. Have them line in the four different corners of the field so that one whole team is at each corner, lined up one behind the other. The object of this game is to get all of the teams from one corner through to the opposite corner. This is done while all the other teams do the same so that they all meet in the middle. They are to do this with both hands out to be used as bumpers for protection, each player following one behind the other. Once they get through the middle and reach the other side they are to sit down in a line up formation. The first team sitting is the winner. You do this several different times in several different ways, and never running, only walking. Some other ways of doing this are by hopping, skipping, walking backwards, and wheel borrowing (one person holds another persons feet).

**Pasta Trail**  
**Required:** Cooked spaghetti, outdoor area, and containers  
**Players:** Small to large groups  
Figure out how many teams you’ll have and that’s how many containers of spaghetti you need. Have teams line up outdoors at starting point. One person from each team is to take three pieces of spaghetti, lay one piece down at a time beginning at the starting line and where the first one ends the next piece will start. The first team member should end up with three pieces of spaghetti laying down in a row, heading down the course. Then the next team member will take three pieces and start where the other team member left off. The first team to reach the finish line is the winner!!  
Note: When cooking spaghetti use cooking oil in water to prevent spaghetti from sticking together.

**Suitcase Relay**  
**Required:** Suitcases, large silly clothes such as: pants or funny skirts, shirt, hat, scarf, mittens & shoes  
**Players:** Small to large groups  
Divide into teams depending on supplies. Have suitcase filled with same amount of silly clothes for each team to put on. First team mate is to run and open suitcase, put on clothes, clap three times, remove clothes, place back into suitcase, close it and tag next team mate. The next person to do the same. First team to complete task is the winner.

**Tunnel Race**  
**Players:** Small to large groups
Teams race against each other while lined up in relay formation. All players spread their legs in straddle position and the last player from each team crawls through the legs. The next player follows in turn until the team is back into original formation. As soon as a player has crawled through the tunnel, they are to stand up so the next player can get through his legs. The first team that completes the order is the winner.

**Multi-Way Tug-of-War**

**Fun, Physical, Teambuilding Activity**

**Equipment:** Several good quality ropes each about 60 ft + with attachment e.g. via knots, splicing or ring/karabiners

**Time:** about 30-60 minutes

**Brief Description:** Fun, physically demanding, competitive team activity. Several teams pull against each other, requiring communication and tactics as well as strength to out-maneuver and win.

Fun, finale-type activity. Physically exhausting and emotionally climaxing!

Works for kids through to corporate programs. Ideal for adolescents and possibly youth at risk.

Especially with older adults, be careful with this activity, especially if they are unfit or if overexertion is contraindicated (e.g., heart problems).

Use for any size groups, indoor or outdoor. Ideal is large group outdoors. Pick a soft location e.g., grass/beach.

In traditional 1 on 1 tug-of-war it is mostly strength that wins, with a few tactics.

In multi-way tug-of-war it is mostly tactics that wins, with some strength.

Lay out the ropes, etc. as shown in diagram below.

Participants should prepare appropriately e.g., watches and hand jewellery off.

Divide into groups and make sure the groups appear to be of similar strength.

Brief group on normal tug-of-war safety rules, basically:

- no wrapping or tying rope around anyone or anything - only hold rope with hands
- watch out for rope burn on hands - let go if rope is moving through hands
- watch out for rope burn on body - let go if you lose footing

First command from the Tug-of-War master is "take the strain". This is only to take up the slack, that's all. The Tug-of-War master makes sure the centre ring is stable and centred. This needs strong leadership because teams are always keen to add extra strain!

Second command is "Go!!"

Teams attempt to pull the centre ring or knot over their finish line. This can rarely be achieved by strength alone and instead will require guile. Teams can swivel to cooperate / compete with other teams, then switch directions, etc.

Conduct several rounds. Continue, say, until one team earns 3 victories and the Tug-of-War title.

Allow teams plenty of time to physically recover and debrief/plan after each round.

Team building groups may wish to discuss what the secrets to success were in this activity - and whether these lessons apply elsewhere.